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REAL LIFE: WHY I QUIT KETO! P96

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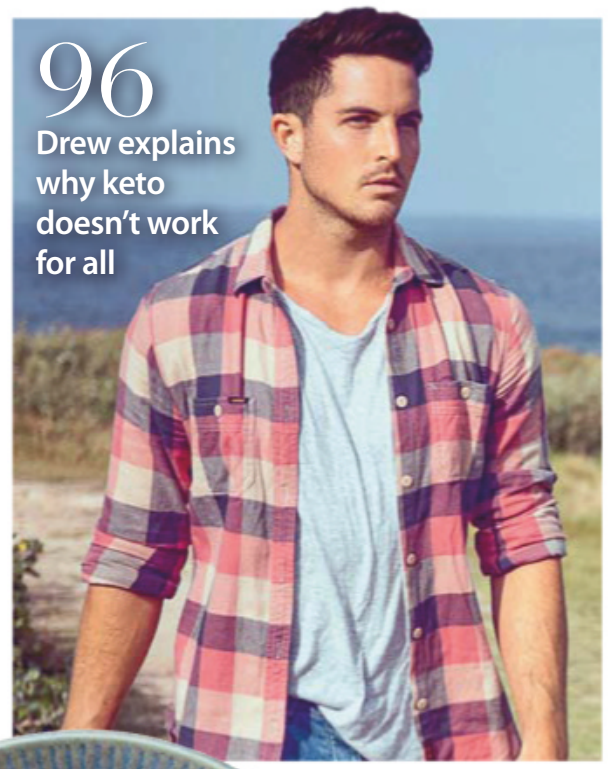

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diabetic LIVING

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Elissa Renouf
Type 1 parent
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Dive into summer fun

There's an awful lot of information out there about what we should, and shouldn't, be eating. We know, it can get confusing.

Last issue *DL* dietitian and diabetes educator Dr Kate Marsh (who also has type 1) wrote about the keto diet – a very low-carb approach that is gaining in popularity. In this issue, we have a follow-up, with a piece from exercise physiologist, sports scientist and diabetes educator Drew Harrisberg (who was diagnosed with type 1 at the age of 22) about life, and diabetes, on the keto diet – and why he ultimately quit it. Turn to page 96 for a fascinating read.

Although you might not be taking the keto approach, chances are you're watching your carbohydrate intake. We know that's an area of discussion for a lot of you, so from this issue forward, we'll be making sure at least 50 per cent of our main meals and lunches are 'lower carb'. This means they have less than 2 carb exchanges per serve. Check out our lower-carb Christmas recipes (page 59) to see how delicious lower-carb eating can be (yes, there's pudding!). And warmer days and nights mean you can take it outside with our delicious family barbecue feature (page 28). While we do include all the nutritional data for our food, we recommend you seek advice from your dietitian about the food plan that's best for your personal circumstances.

It's always a good time to be maintaining a healthy weight, so turn to page 92 to find out more about five healthy habits that will help you win at weight loss. Combine that with our Move More feature on page 122 and you've got summer fitness sorted!

We'd love to hear how you're getting ready for summer and what you've got planned for the warmer months.

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.

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NEXT ISSUE ON SALE 12 DEC

TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers. Email us at **diabeticliving@pacificmags.com.au**

Any questions regarding your diabetes, talk to your ***health-care team.***

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

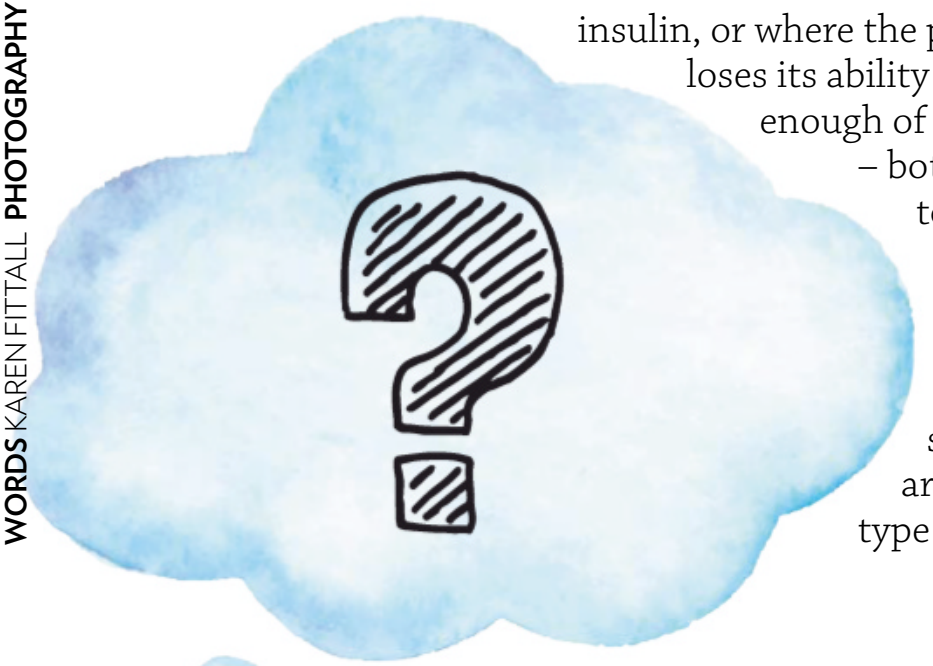
TYPE 1 AND TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

Losing just 5% of your body weight can have a positive impact.



WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthy life

The latest facts & global news on diabetes, exercise and overall wellbeing

READY, SET, GO

Want to get active but struggling to get started or stay on track? The 'Ready Set Go' workshop by Diabetes Victoria may be for you. This free three-hour workshop is designed to help you identify what's stopping you from being active. You'll learn more about how exercising benefits your BGLs and you'll walk away with a step-by-step plan to get you started. To find out when the next session is, visit diabetesvic.org.au/events.

SUCCESSFUL TRIAL

An immunotherapy, designed by Belgian biotech Imcyse, has successfully completed its Phase I trial. For six months, this trial safely monitored 41 patients who were newly diagnosed with type 1, as they injected different doses of treatment into them. The conclusion of this trial found no major health problems arising from the treatment, and showed clinical benefits as the number of autoimmune cells within the patients' blood decreased while on the treatment. The trial, however, was too small to know exactly how effective this new drug will be. Phase II is planned for 2020.

"BURN-OUT"

is now recognised as a medical diagnosis by the World Health Organization, which included it in the 11th Revision of the International Classification of Diseases (ICD-11).

SWEET SATISFACTION

A new study, published in the *Journal of the Academy of Nutrition and Dietetics*, found those living with obesity get more satisfaction from additional food consumption than those who are of normal weight or overweight. This relationship between the perceived taste and the quantity of food consumed (sensory-specific satiety) could help explain why some people eat more than others.

Break the after-meal slump

Research by the Baker Heart and Diabetes Institute has found that frequently interrupting sitting time with basic resistance activities after a meal can help lower blood glucose levels. "Body-weight resistance activities can be done in a variety of settings," said Professor David Dunstan, Baker's head of Physical Activity Lab. "Moderate to vigorous activity is associated with improvement in insulin resistance, impaired glucose tolerance and blood pressure." Try out some easy exercises by turning to page 122.

How much is TOO MUCH?

The Heart Foundation is encouraging Aussies to rethink the amount of red meat in their weekly diet. New evidence shows red meat increases the risk of heart disease and can lead to weight gain. "We have introduced a limit of less than 350 grams a week for unprocessed beef, lamb, pork and veal," explains Professor Garry Jennings, the Heart Foundation's chief medical advisor and cardiologist. "That's around one to three lean red-meat meals a week, like a Sunday roast and a beef stir-fry." Make the switch to heart-healthy proteins, such as fish, beans, tofu and lentils.

My diabetes nurse told me to watch my blood sugars when I drink alcohol. Why?

Sultan says: Drinking alcohol when you have diabetes can cause a few problems. Firstly, it contains calories (even if low carb), which is not helpful for losing weight. Secondly, it can affect BGLs. So let's discuss why this happens.

The liver stores glucose as glycogen, so when BGLs are low it can deliver glucose back into the bloodstream. Alcohol, which is processed in the liver, prevents stored glucose from entering the bloodstream when you need it. Most of the liver's glucose releases in the night, so heading to bed after a big night out can be dangerous.

Alcohol can cause hypos for up to 12 hours. It's really important you do not drink on an empty stomach or, if you have low BGLs (hypo), space drinks and make sure you test before bed. Snacking is also good advice to prevent hypos overnight.

Some medications can be affected by alcohol. Talk to your doctor about safe limits of alcohol and a plan to follow if you drink. ➤

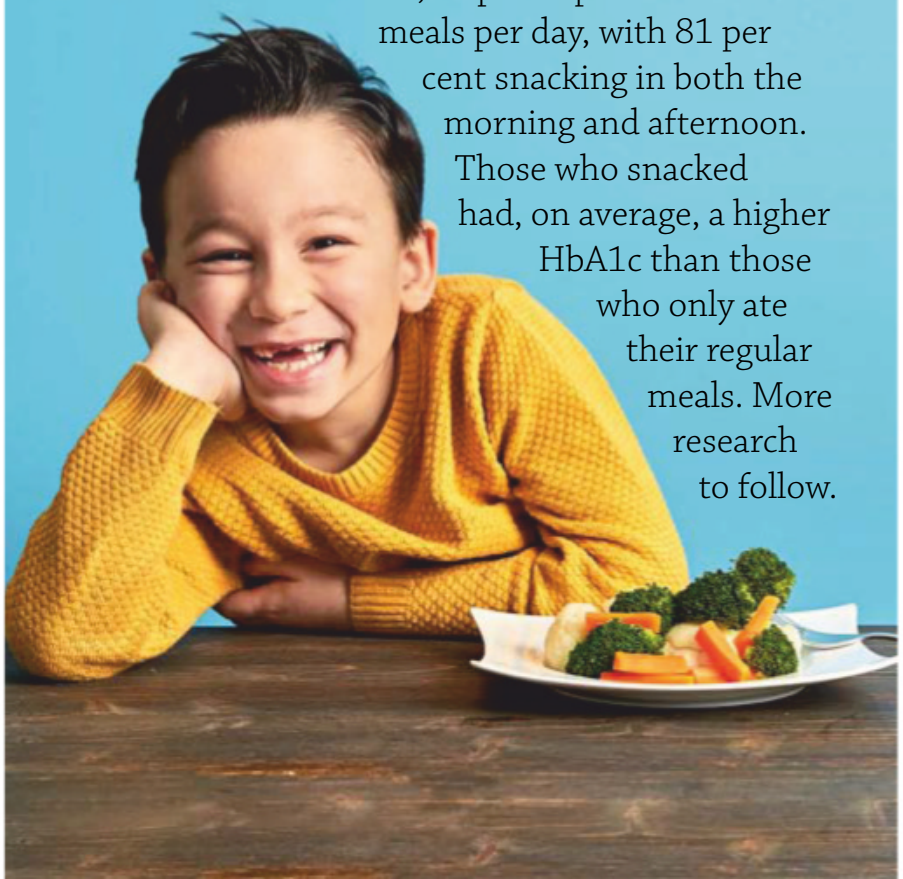
Dr Sultan Linjawi, endocrinologist
Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Time to get kickin'

The federal government has delivered a $1.8 million grant for the development of Walking Football, an initiative to help older Aussies get more active. Aimed to improve both the physical and mental health of seniors, this low-impact, team-based exercise is a fun alternative to the globally popular sport. Regardless of fitness levels or football experience, anyone can get involved. The game will soon be rolled out across the country. For more info, visit playfootball.com.au/ffa-walking-football.

COULD SNACKING BE THE PROBLEM?

Australian researchers have recently concluded that the key to good HbA1c levels in children may be in their snacks. Published in the journal *BMJ Open Diabetes Research & Care*, all participants had three meals per day, with 81 per cent snacking in both the morning and afternoon. Those who snacked had, on average, a higher HbA1c than those who only ate their regular meals. More research to follow.



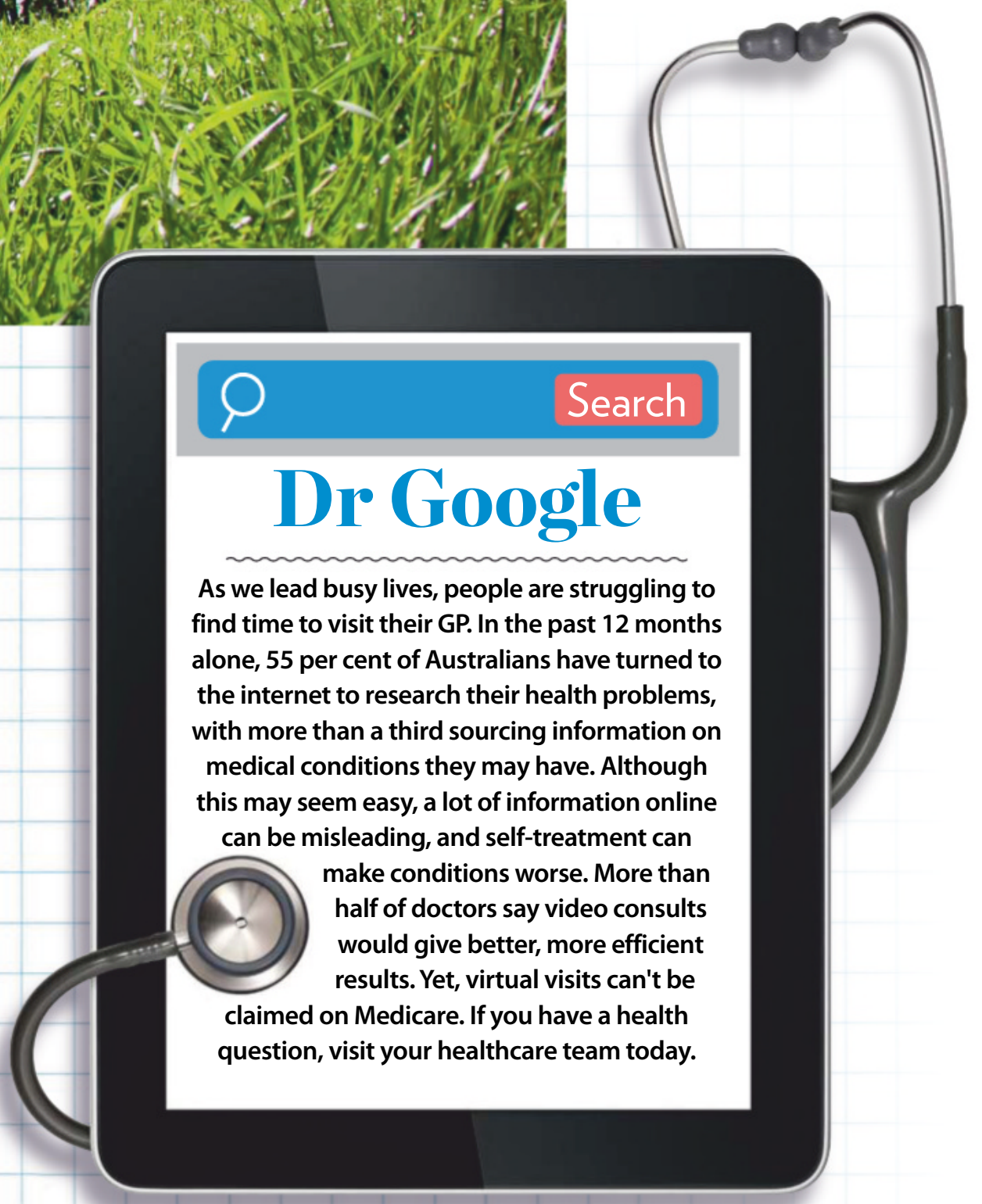
EQUAL ZZZS

Are you sleep-deprived during the working week, but use the weekend to catch up on those extra hours? A new study suggests this doesn't actually catch you up. While too little sleep has been proven to increase the risk of health problems such as obesity and type 2, the best sleep schedule to have is one that provides you with enough sleep during the week, and follows a regular sleep and wake time.

1 in 4 ADULTS

across the world are not active enough to stay healthy.

– World Health Organization



Dr Google

As we lead busy lives, people are struggling to find time to visit their GP. In the past 12 months alone, 55 per cent of Australians have turned to the internet to research their health problems, with more than a third sourcing information on medical conditions they may have. Although this may seem easy, a lot of information online can be misleading, and self-treatment can make conditions worse. More than half of doctors say video consults would give better, more efficient results. Yet, virtual visits can't be claimed on Medicare. If you have a health question, visit your healthcare team today.

I've had pain in my heel for many months. I have been resting it, but it is not getting better. What should I do?

Danielle says: It is important to know what is causing the pain in your heel. One of the most common problems is plantar fasciitis, but there are other reasons that should be excluded during your assessment with a podiatrist. It may be recommended that you have further investigations, such as an x-ray or ultrasound, to see what else may be going on.

Heel pain can develop suddenly or gradually. In the case of plantar fasciitis, it is a musculoskeletal injury that results in inflammation and pain under the heel as it involves overstretching of the thick fibrous tissue that forms your arch. As it is difficult to be off your foot completely to let it repair, it can take time. With the correct treatment, your heel pain from plantar fasciitis will resolve.

Treatments include gradual stretching and strengthening, cushions or foot orthoses, compression, changing footwear, shockwave therapy or injection therapy, depending on the severity. ➤

Danielle Veldhoen, podiatrist
Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

WORK LESS FOR GOOD HEALTH

Canadian researchers are urging women to reconsider their work hours, after findings concluded those who worked more than 45 hours per week are at a 63 per cent greater risk of developing type 2 diabetes. The study, published in the journal *BMJ Diabetes Research & Care*, also concluded there is no heightened risk of developing diabetes in women who worked 30-40 hours per week, or in men who worked long hours.

EAT YOURSELF HEALTHY
by Dr Megan Rossi
Penguin, $45

Transform your health with help from The Gut Health Doctor, Dr Megan Rossi. With more than 50 gut-boosting recipes, her book *Eat Yourself Healthy* will also teach you how different foods effect your mind and body, and how to keep your microbiome happy, and has tips on exercising, sleeping and more!

Type 2 reversed

The gene-editing technology CRISPR-Cas9 has recently been used by researchers at South Korea's Hanyang University to treat obesity and type 2 diabetes in clinical mice. Reported in the journal *Genome Research*, researchers successfully reduced the bodyweight of the mice by 20 per cent, which consequently reversed obesity-related metabolic diseases each mouse had. Although the therapy seems promising, more studies are to follow.

Should I be checking my blood glucose levels every time I want to drive somewhere?

Rachel says: If you are taking a type of glucose-lowering medication that can cause hypoglycaemia (hypos), low BGLs, or if you are using insulin to manage your diabetes, then yes, the recommendation is to ensure your glucose level is above 5mmol/L before you drive. If you are at risk of having a hypo due to the medication you take to manage your diabetes, test your BGLs and ensure it is above 5 before driving. Check it every 2 hours on long journeys, ensuring it is above 5, and carry a quick-acting carbohydrate food or drink with you in the vehicle. If you do not regularly use a blood glucose monitor to check your BGLs, discuss your need to do this with your diabetes care team. For more information on driving with diabetes, visit ndss.com.au/driving. ■

Rachel Freeman, diabetes educator
Email your questions to:
diabeticliving@pacificmags.com.au
Post: *Diabetic Living*, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

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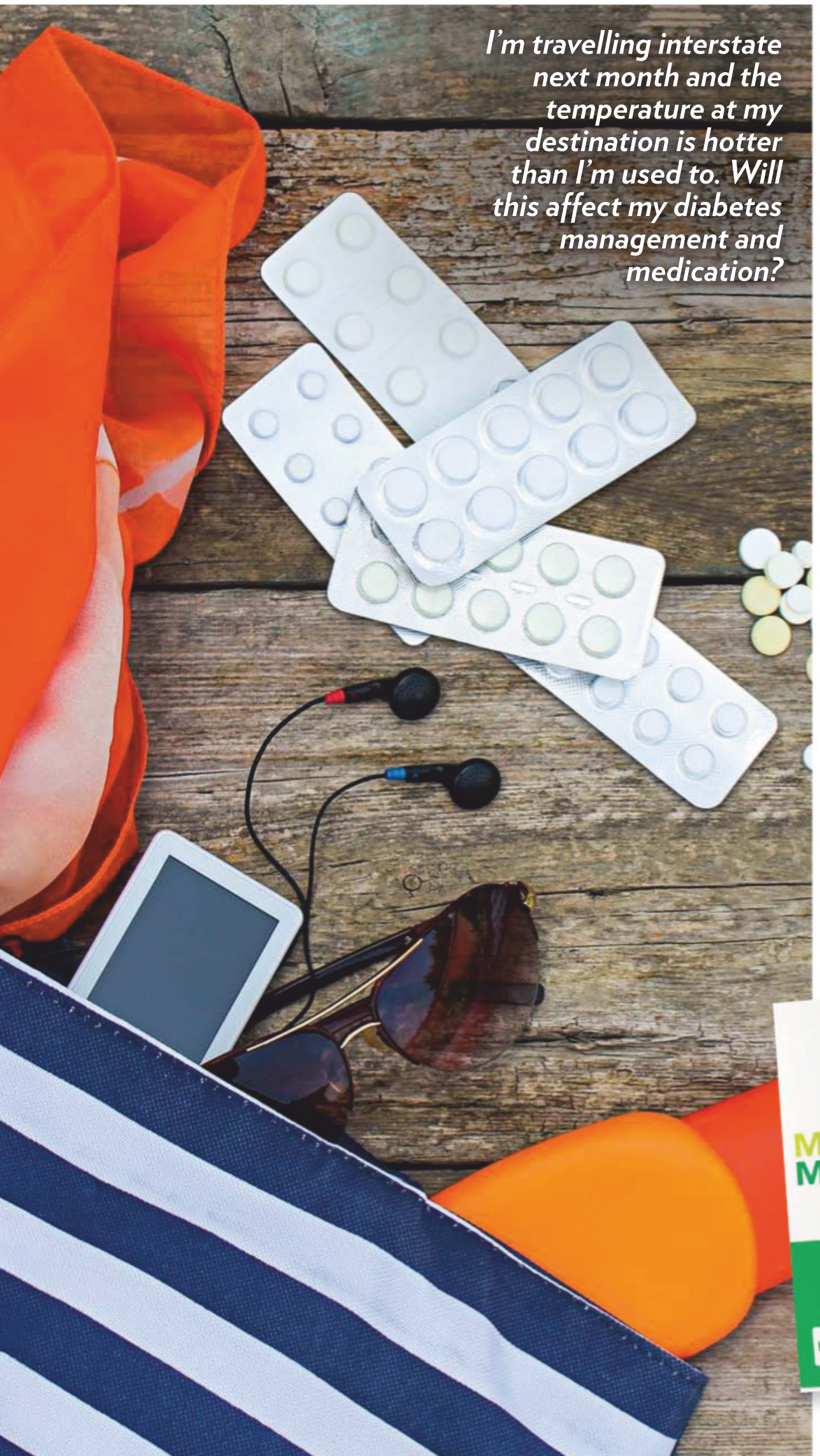


I'm travelling interstate next month and the temperature at my destination is hotter than I'm used to. Will this affect my diabetes management and medication?

Some medications, including insulin, do need to be stored below a certain temperature, so it's always a good idea to ask your pharmacist if in doubt. Also remember that blood glucose control can be affected by temperature, while testing strips can be damaged by temperature extremes, either hot or cold. So, whether you have type 1 or type 2 diabetes, if you're taking medication to help manage it and need to test your blood glucose levels regularly, ask your pharmacist before you travel for their advice. It's also a good opportunity to make sure you have enough medication to take with you, to cover you for the entire time you'll be away from home.

You might also like to ask your TerryWhite Chemmart pharmacist about the Dose Administration Aid, which is a service pharmacies offer to sort and pre-pack your medication doses into times of day and days of the week. If you take a few different medications, it can make it easier to remember what to take when travelling.

PHOTOGRAPHY GETTY IMAGES

TerryWhite Chemmart pharmacist Chris Campbell has the answers on travelling with diabetes, holiday first aid and staying on top of your medications

I can't find a script for one of my meds and, being such a busy time, I'd prefer not to visit my GP if I don't have to. Is there anything I can do?

Unfortunately, without a script, a pharmacist will be unable to give you the medication, so if you can't find your original script, you will need to visit your doctor to get a new one.

To avoid this happening again, one solution is to manage scripts using the TerryWhite Chemmart Health App. This not only lets you leave your script with your TerryWhite Chemmart pharmacist for safekeeping, it also makes remembering to fill any recurring scripts a breeze.

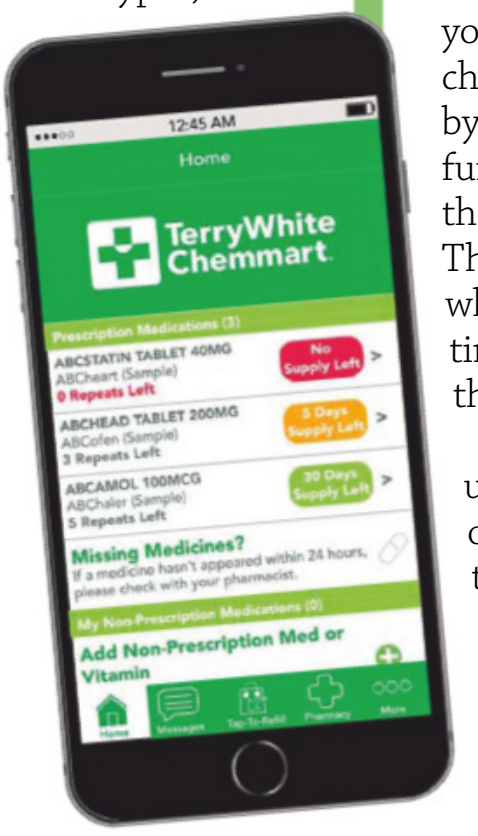
As well as reminding you to fill a script, and chasing you if you forget, by using the 'tap to refill' function you can order via the app to skip the queue. This comes in handy when you are pushed for time, as many of us are in the lead-up to Christmas.

The app also has other uses, such as storing info on which medications to take when, and in what dose. You can even order National Diabetes Services Scheme products. ■

What should I pack in my holiday first-aid kit?

This depends a little on where you're going on holiday, but a few staples to consider including are a topical antiseptic and wound coverings, so you can treat any cuts or scrapes; a mild pain reliever, in case you get a headache or other mild pain; insect repellent to minimise the risk of mosquito bites; an alcohol hand sanitiser, such as 24 Daily Instant Hand Sanitiser, which kills 99.99 per cent of germs and is the ideal size to take on a plane; and sunscreen. The TerryWhite Chemmart Dry Touch SPF 50+ Sunscreen is a great family friendly option. It's suitable for all skin types, is lightweight and fast absorbing, and comes in a family sized, easy-to-use pump pack.

It's helpful to pre-pack medication into doses



GOING FOR *platinum*

At 77, Larry Mervin has lived with type 1 for almost 70 years with zero complications

Recipient of two Kellion Victory Medals – silver and gold – Larry Mervin is just three years away from his Platinum Medal, representing living with type 1 diabetes for 70 years. And there's no stopping this senior.

"In the early days, I was told by many well-meaning people that I wouldn't be around in three years," recalls Larry, who was diagnosed at the age of 10. "Diagnosed with diabetes, you're dead in three years. Which was absolute rubbish."

Growing up, Larry was very active, and this continued well into adulthood – playing sport every chance he could, including winning four NSW Badminton Championships. "I always loved a challenge," he laughs. "I said to the doctor at RPA (Royal Prince Alfred Hospital) one day, 'So listen doc, what's the chance of me playing rugby league?' and he said, 'Oh my god, NO. If you break a leg, you'll get infections.' I laughed and told him I'd been playing it for three years. I just kept doing things like that; I wouldn't tell him until after I was already doing it."

When diagnosed, Larry was advised to listen to what his body told him. "If your body tells you it's not well, you've got to find out why you're not well [and] what's happening with your diabetes; adjust that, and then you can do what you want to do," he explains. "[Following that advice] I've never had a problem – it's been about 25-30 years since I last had a low. I've been a diabetic since I was 10, I'm 77 now, and I've still got my fingers, toes, arms and legs, my eyesight's good, and I can drive a car without glasses, without a problem!"

But it hasn't always been a breeze for Larry. "I fought for everything I did," he says. "[When I was young,] I was in the RPA outpatients department where the diabetic clinic was. They'd call somebody's name, the nurse would come out, hand them a big plastic bottle and say, 'Now would you go into the toilet there, give us a specimen and put it on the table here.' And I would think what the hell are these people doing! [When] they called my name, I went up to the counter and said, 'Don't you realise what you're doing to these people? Look at the faces of these people. You're calling each one of those people up here, individually as a person, handing them a specimen bottle in front of everybody and saying go urinate in that and come put your urine on the table. That's degrading! Disgusting!' And I complained about it formally. The next time I went,

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** JILLIAN MCKEE, SUPPLIED BY DIABETES AUSTRALIA

Larry in the hospital gift shop with his manager, Jill Jenkins.

they'd just call your name, take you inside [a room] and then give you the specimen bottle."

That wasn't the only time he spoke up as someone living with diabetes. When Larry finished school, he joined the then Postmaster-General's Department (PMG) for an apprenticeship as a telephone technician. "I just happened to mention to one of the other guys in the group that I was a diabetic," he recalls, after working there for three months. "Then this guy came up to me and asked if I was diabetic, then said, 'Well you can't work for the PMG.' They're all superannuants, and to have superannuation you have to pass a medical, and diabetics aren't accepted, and I [received] a formal dismissal notice." Larry told the then head of RPA's diabetic clinic, Sister Edena Pryke, who got the story into the papers. Following this, the law was changed so you could no longer discriminate against people with diabetes.

After this, Larry started another apprenticeship, passed his medical and didn't tell anyone about his diabetes until he finished. "Once I had [my] trade papers, they couldn't stop me," he says. "I could work anywhere I liked, no problem." He then changed his career again to first aid and occupational health and safety, where he saved many lives, both on and off the job.

Today, Larry is one of more than 400 volunteers at Westmead Children's Hospital. "[When] I retired, I decided I still wanted to be involved with people – because I'm a people person and I love working with families and kids. So I went to the hospital and I've been there 16 years, and I said to Jill, the lady in charge [of volunteers], I'll do this till I drop. I just love doing it."

> **You've gotta fight the fight, and find the confidence to live a normal life**

Talking to many people over the years about diabetes and his accomplishments with type 1, one of his proudest achievements is his family. "I've got five kids and 15 grandchildren, and none of them, thank god, are diabetic!" he says. "But they're all very aware of diabetes and well educated.

"I've had a very rewarding, but very traumatic life," Larry says. "I'm not 100 per cent by any means, but you can do anything you want to do, if you are living the right type of life. Do as much exercise as you want, listen to what doctors and what your body tells you. If your body tells you 'danger', don't do it. Make sure you get your body right first. It can be hard to get used to, but once you get in the rhythm of it, you can do it quite comfortably." ■

WHAT ARE THE KELLION VICTORY MEDALS?

The Kellion Awards recognise the achievements of Australians living with type 1 and type 2 diabetes, celebrating their significant milestones and showing that it is possible to grow old with diabetes. You receive a medal and certificate through Diabetes Australia at the following marks:

- ***Silver:*** **50 years with diabetes**
- ***Gold:*** **60 years with diabetes**
- ***Platinum:*** **70 years with diabetes**
- ***Diamond:*** **75 years with diabetes**

5 days 5 dinners

As the temperature climbs, steak, salad and other warm-weather fare comes to the fore

GF LC

MONDAY

BBQ STEAK WITH CHICKPEA & TOMATO SALAD

The classic combo of meat and veg gets a tasty, colourful update.

see recipe, page 25 >>

NUTRITION INFO

PER SERVE 1630kJ, **protein** 39g, **total fat** 11g (sat. fat 4g), **carbs** 26g, **fibre** 11g, **sodium** 171mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF LC

TUESDAY

RICOTTA, ASPARAGUS AND PROSCIUTTO PASTA

Soy bean spaghetti helps boost the health factor.

see recipe, page 25 >>

How our food works for you
see page 90

NUTRITION INFO

PER SERVE 992kJ, **protein** 21g, **total fat** 12g (sat. fat 5g), **carbs** 7g, **fibre** 9g, **sodium** 356mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

A few tweaks turn a familiar favourite into a summer stunner

GF LC

WEDNESDAY

INDIAN-STYLE CHICKEN WITH PICKLED SLAW

Spicy chicken rub is an ideal match for salad that's high on the zest factor.

see recipe, page 26 >>

NUTRITION INFO
PER SERVE 1120kJ, **protein** 31g, **total fat** 8g (sat. fat 1g), **carbs** 14g, **fibre** 8g, **sodium** 132mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**
- **Lower carb**

NUTRITION INFO
PER SERVE 1270kJ, **protein** 30g, **total fat** 9g (sat. fat 1g), **carbs** 20g, **fibre** 10g, **sodium** 861mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GF LC

THURSDAY

BROCCOLI, PRAWN AND MUSHROOM STIR-FRY

It's fun cooking with a wok – and fast, too!

see recipe, page 26 >>

BLACK BEAN AND VEGETABLE BURRITO BOWL

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

1 tsp olive oil
3 green shallots, chopped
1 zucchini, chopped
1 green capsicum, chopped
1 Tbsp Old El Paso Reduced Salt Burrito Spice Mix
½ x 400g can no-added-salt chopped tomatoes
½ x 420g can rinsed and drained no-added-salt black beans
60ml (¼ cup) water
30g baby spinach leaves
½ cup reduced-fat grated cheese
½ small avocado, mashed
2 Tbsp Chobani Plain Greek Yoghurt
Coriander leaves, to serve
Freshly ground black pepper, to serve
Lime wedges, to serve

1 **Heat oil in a** medium non-stick frying pan over medium heat. Add shallots, zucchini and capsicum. Cook, stirring occasionally, for 3-4 minutes, or until vegetables start to soften. Add spice mix and cook, stirring, for 1 minute.

2 **Add tomatoes,** black beans and water to pan. Bring to a simmer over high heat. Reduce heat to medium and simmer for 5-10 minutes.

3 **Divide spinach leaves** between shallow serving bowls. Divide bean mix between bowls. Top with cheese, avocado, yoghurt and coriander. Sprinkle with pepper and serve with lime wedges.

LC
FRIDAY

NUTRITION INFO
PER SERVE 1320kJ, **protein** 20g, **total fat** 14g (sat. fat 5g), **carbs** 23g, **fibre** 10g, **sodium** 494mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

BBQ steak with chickpea & tomato salad

Ricotta, asparagus and prosciutto pasta

BBQ STEAK WITH CHICKPEA & TOMATO SALAD

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

1 tsp ground cumin
½ tsp smoked paprika
½ tsp oregano leaves
½ tsp brown sugar
2 x 125g pieces beef eye fillet or lean rump steak, trimmed of fat
1 small cob corn, husk and silk removed, halved, steamed, to serve

Chickpea & tomato salad

½ x 420g can rinsed and drained no-added-salt chickpeas
½ x 250g punnet cherry tomatoes, halved
¼ red onion, very thinly sliced
30g baby spinach leaves
1 medium Lebanese cucumber, chopped
40g fresh ricotta, crumbled, to serve
Balsamic vinegar, to serve

1 **Combine cumin, paprika**, oregano and sugar in a small bowl. Place steaks on a plate and rub spice mixture over both sides.
2 **Preheat a barbecue grill** or plate, or chargrill pan, on medium-high. Add steak and cook for 2-2½ minutes on each side (depending on the thickness) for medium or until cooked to your liking. Transfer to a plate, cover loosely with foil and then set aside.
3 **Meanwhile,** to make chickpea & tomato salad, combine chickpeas, tomatoes, onion, spinach and cucumber in a bowl.
4 **To serve,** divide salad between serving plates. Sprinkle ricotta over salad. Drizzle with balsamic vinegar. Serve with steak and steamed corn.

RICOTTA, ASPARAGUS AND PROSCIUTTO PASTA

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

250g punnet cherry tomatoes, halved
1 bunch asparagus, woody ends trimmed
100g Slendier Soy Bean Organic Spaghetti
1 tsp olive oil
4 green shallots, chopped
30g thinly sliced prosciutto, finely chopped
1 clove garlic, finely chopped
60g baby spinach leaves
100g fresh ricotta, mixed until smooth
10g parmesan shavings, to serve
Freshly ground black pepper
Lemon wedges, to serve

1 **Preheat a chargrill plate** on medium-high. Spray tomatoes and asparagus with cooking spray. Add asparagus and tomatoes (cut-side down) to plate. Cook tomatoes for 2 minutes, turning once until slightly charred on the bottoms and softened. Transfer to a plate. Cook asparagus, turning occasionally, for 3-4 minutes, or until bright green and tender crisp. Transfer to a plate. Once cooled slightly, diagonally slice asparagus.
2 **Meanwhile,** cook pasta in a large saucepan of boiling water, following packet directions. Drain well. While pasta is cooking, heat oil in a small non-stick frying pan over medium heat. Add shallots, prosciutto and garlic. Cook, stirring often, for 2-3 minutes or until shallots soften.
3 **Return pasta to** pan with spinach and asparagus. Toss until well combined and heated through. Gently toss in tomatoes and shallot mixture.
4 **Divide pasta** between serving bowls. Top with ricotta and parmesan shavings. Season with black pepper and serve with lemon wedges. ➤

Soybean pasta helps lower the carbs and boost the protein

Indian-style chicken with pickled slaw

Broccoli, prawn and mushroom stir-fry

INDIAN-STYLE CHICKEN WITH PICKLED SLAW

PREP TIME: 10 MINS
(+ 15 MINS PICKLING)
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

1½ tsp ground cumin
½ bunch coriander stalks and stems, finely chopped
1 clove garlic, crushed
3cm piece ginger, finely grated
½ tsp ground turmeric
Juice of ½ small lemon
2 tsp extra virgin olive oil
250g skinless chicken breast fillet, trimmed of fat, split in half lengthways

Pickled slaw

1 large Lebanese cucumber, deseeded, cut into thin sticks
1 extra large carrot, cut into thin sticks
125ml (½ cup) rice wine vinegar
1 Tbsp caster sugar
½ punnet cherry tomatoes, halved
½ bunch coriander, leaves picked

1 Combine cumin, coriander stalks and stems, garlic, ginger, turmeric, lemon juice and olive oil in a shallow dish. Add chicken and rub marinade all over chicken. Set aside to marinate while pickling vegetables.
2 To make pickled slaw, combine cucumber, carrot, rice wine vinegar and caster sugar in a medium bowl. Set aside for 15 minutes to pickle. Drain liquid from vegetables. Toss in tomatoes and coriander.
3 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Place a wire rack over tray. Place chicken on rack. Spray with cooking spray. Bake for 10-15 minutes or until chicken is cooked through.
4 Divide pickled slaw between serving plates. Top with chicken and serve.

BROCCOLI, PRAWN AND MUSHROOM STIR-FRY

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

3 tsp olive oil
400g green prawns, peeled and deveined, tails on
1 small (200g) head broccoli, cut into small florets
½ red capsicum, thinly sliced into short strips
½ bunch coriander roots and stems, finely chopped
3cm piece ginger, finely grated
2 cloves garlic, crushed
1 Tbsp water
150g pkt oyster mushrooms, halved
125g pkt baby corn, halved lengthways
2 Tbsp Ayam plum sauce
Juice of ½ lime, plus extra wedges, to serve
Coriander leaves, to serve

1 Heat 1 tsp olive oil in a large wok over high heat. Add prawns and stir-fry for 2 minutes or until prawns change colour and are just cooked. Transfer to a bowl.
2 Heat remaining oil in wok over medium-high heat. Add broccoli, capsicum, coriander roots and stems, ginger and garlic. Stir-fry for 2 minutes. Add water and cook, tossing, for a further 2 minutes.
3 Add mushrooms and corn to wok. Stir-fry for a further 1-2 minutes or until vegetables are tender crisp. Add plum sauce, lime juice and prawns to wok. Toss to combine and heat through. Top with coriander leaves, to serve. Serve with lime wedges.

YOUR shopping list

GROCERIES
- ☐ 210ml bottle Ayam plum sauce
- ☐ 420g can no-added-salt chickpeas
- ☐ 200g pkt Slendier Soy Bean Organic Spaghetti
- ☐ 400g can no-added-salt chopped tomatoes
- ☐ 420g can no-added-salt canned black beans
- ☐ 25g pkt Old El Paso Reduced Salt Burrito Spice Mix

FRUIT AND VEGETABLES
- ☐ 1 large Lebanese cucumber, 1 medium Lebanese cucumber
- ☐ 1 extra large carrot
- ☐ 1 small head (200g) broccoli
- ☐ 1 red capsicum
- ☐ 1 green capsicum
- ☐ 2 x 250g punnet cherry tomatoes
- ☐ 150g pkt oyster mushrooms
- ☐ 1 small cob corn
- ☐ 125g pkt baby corn
- ☐ 1 zucchini
- ☐ 1 bunch asparagus
- ☐ 1 red onion
- ☐ 120g baby spinach leaves
- ☐ 1 avocado
- ☐ ½ bunch green shallots
- ☐ 2 bunches coriander
- ☐ Large piece fresh ginger
- ☐ 1 lemon
- ☐ 2 limes

MEAT & CHICKEN
- ☐ 250g skinless chicken breast fillets
- ☐ 2 x 125g pieces beef eye fillet or lean rump steak

SEAFOOD
- ☐ 400g green prawns

CHILLED
- ☐ 140g fresh ricotta
- ☐ 30g thinly sliced prosciutto
- ☐ 170g tub Chobani Plain Greek Yoghurt

HOME
- ☐ Extra virgin olive oil
- ☐ Olive oil
- ☐ Rice wine vinegar
- ☐ Balsamic vinegar
- ☐ Caster sugar
- ☐ Ground cumin
- ☐ Smoked paprika
- ☐ Ground turmeric
- ☐ Oregano leaves
- ☐ Brown sugar
- ☐ 4 cloves garlic
- ☐ Freshly ground black pepper
- ☐ Parmesan shavings
- ☐ Reduced-fat grated cheese

LEFTOVERS

GROCERIES
Plum sauce: Use in stir-fries and dressings.
Chickpeas: Use in salads, casseroles and soups.
Soy spaghetti: Cook and use in place of regular spaghetti in your favourite recipes.

FRUIT AND VEGETABLES
Green shallots: Use in salads, dressings, sauces and pasta dishes.
Capsicum: Cut up and eat as a snack. Use in stir-fries and salads.
Red onion: Use in salads, stir-fries and casseroles.
Avocado: Mash and spread on sandwiches. Top with your favourite salad ingredients.
Coriander: Use in salads. Toss into stir-fries just before serving.
Lemon: For a delicious caffeine-free tea, cut slices and put in a mug with slices of fresh ginger and a few mint leaves. Add a drizzle of honey, if you like. Pour over boiling water. Serve. ■

RECIPES ALISON ROBERTS, SHANNON LAVERY **PHOTOGRAPHY** BEN DEARNLEY
STYLING VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

CHEESE & GARLIC ROLLS
The crunchy cheese and garlic top always makes these a favourite.
see recipe, page 32 >>

FAMILY BARBECUE

Enjoy these shareable dishes outdoors, with those who matter most

NUTRITION INFO
PER SERVE 577kJ, **protein** 5g, **total fat** 5g (sat. fat 2g), **carbs** 18g, **fibre** 1g, **sodium** 63mg
- **Carb exchanges** 1
- **GI estimate** high

GF

SWEET POTATOES WITH CAPSICUM AND HALOUMI

A yummy alternative to meat on the barbie.

see recipe, page 32 >>

How our food works for you
see page 90

NUTRITION INFO

PER SERVE 1630kJ, **protein** 12g, **total fat** 18g (sat. fat 8g), **carbs** 41g, **fibre** 8g, **sodium** 474mg

- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten free**

NUTRITION INFO
PER SERVE 1600kJ, protein 30g, **total fat** 3g (sat. fat 1g), **carbs** 55g, **fibre** 8g, **sodium** 203mg
- **Carb exchanges** 3½
- **GI estimate** low
- **Gluten free**

GF

PINEAPPLE & PORK SKEWERS

Bring tropical and Asian flavours to your next barbecue.

see recipe, page 33 >>

LEMON & YOGHURT CHICKEN FLATBREADS

PREP TIME: 20 MINS
(+ 1 HOUR MARINATING)
COOK TIME: 10 MINS
SERVES 4 (AS A LIGHT MEAL)

400g skinless chicken breasts, trimmed of fat, cut into thick strips
1 lemon
1 tsp dried oregano
1 clove garlic, crushed
Pinch ground cinnamon
2 tsp olive oil
4 (60g each) wholemeal Lebanese flatbread
4 Tbsp low-fat Greek-style natural yoghurt
¼ red capsicum, finely chopped
1 baby cos lettuce, finely chopped

1 Put chicken in a bowl. Use a vegetable peeler to peel strips of zest from lemon. Juice lemon. Add peel and half the juice to chicken, along with oregano, garlic, cinnamon and oil. Mix well. Cover and put in fridge for 1 hour to chill. The lemon juice will start to 'cook' the chicken, so don't leave it for longer.

2 Preheat a barbecue grill or plate or chargrill pan on medium. Thread chicken strips onto a couple of metal skewers to stop them falling through the grate (you don't need to do this for the grill pan). Cook chicken for 2-3 minutes each side or until cooked through. Transfer to a plate and set aside.

3 Warm flatbreads on the barbecue or chargrill for 1 minute. Transfer to plates and spread each one with ½ Tbsp natural yoghurt. Divide chicken strips between flatbreads, spoon on remaining yoghurt and then sprinkle over capsicum and lettuce to serve. Fold or roll flatbreads to eat. ➤

Cook's Tip
You could replace the chicken with lamb backstrap or beef rump.

Eating outdoors is one of life's great pleasures

NUTRITION INFO
PER SERVE 1330kJ, **protein** 30g, **total fat** 6g (sat. fat 1g), **carbs** 32g, **fibre** 6g, **sodium** 353mg
- **Carb exchanges** 2
- **GI estimate** medium

Cheese & garlic rolls

Sweet potatoes with capsicum and haloumi

Pineapple & pork skewers

CHEESE & GARLIC ROLLS

PREP TIME: 40 MINS
(+ 3 HOURS PROVING)
COOK TIME: 40 MINS
MAKES 20 (1 PER SERVE; AS A SIDE)

280ml water
100g margarine
450g bread flour
8g sachet dried yeast
1 tsp caster sugar
2 Tbsp polenta
1 clove garlic, grated
100g grated mozzarella
50g grated reduced-fat cheddar

Cook's Tip
These rolls can be frozen for up to 3 months.

1 **Heat the water** in a small saucepan over medium heat until lukewarm. Remove pan from heat and stir in 50g margarine.
2 **Combine flour, yeast** and sugar in a large bowl. Add the warm water and use a flat-bladed knife to mix until it forms a soft dough. Knead for 10 minutes or until the dough feels stretchy and smooth. Tip into a clean, oiled bowl and cover with plastic wrap. Set aside for 1½-2 hours, or until the dough doubles in size.
3 **Brush a large** non-stick baking tray with oil and then scatter over the polenta. Knock the air out of the dough. Pinch off small pieces of dough (evenly dividing it into 20 pieces). Roll each piece into a ball and put on prepared baking tray. Leave a little space between each one.
4 **Cover tray with** a clean tea towel and set aside for 30-60 minutes or until dough has doubled in size and balls are touching. Mix remaining margarine and garlic.
5 **Preheat oven** to 160°C (fan-forced). Brush tops of rolls with garlic butter and sprinkle over combined cheeses. Bake for 25-30 minutes or until rolls are cooked through. Set aside for 5 minutes. Serve.

SWEET POTATOES WITH CAPSICUM AND HALOUMI

PREP TIME: 15 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A MAIN)

4 medium (250g each) orange sweet potatoes, scrubbed
1 Tbsp olive oil
8 mint leaves, finely chopped
150g salt-reduced haloumi, drained, patted dry with paper towel, cut into 4 slices
100g roasted red capsicums, cut into 4 thick strips
1 Tbsp margarine
1 lemon, halved
Chopped flat-leaf parsley, to serve

1 **Preheat a barbecue** with a lid (if you have one, if not you can do it without a lid), on medium. Rub each potato with a little olive oil, then wrap in a double layer of foil.
2 **Pour remaining oil** into a bowl and stir in mint. Add haloumi and toss until well coated in minty oil. Wrap each piece of haloumi in a strip of capsicum. Cut 4 lengths of foil about 1cm wide and wrap one around the middle of each parcel to hold them together (you could use skewers instead, but be careful not to split the cheese).
3 **Add potatoes to** barbecue, cover and cook for 30 minutes, turning halfway during cooking. Unwrap a potato and check if it is cooked through. If not, rewrap and cook for longer, checking every 10 minutes. Alternatively, bake in an oven preheated to 180°C (fan-forced) for 50-60 minutes or until cooked through.
4 **Meanwhile, cook capsicum** parcels on the barbecue or a chargrill pan for 3-4 minutes on each side or until capsicum chars and cheese melts a bit. Remove from grill and unwind foil or remove skewers.
5 **Split cooked sweet potatoes** down the middle and add a little margarine to them. Lay a haloumi and capsicum parcel in the centre of each one. Add a squeeze of lemon juice and then scatter over some flat-leaf parsley to serve.

PINEAPPLE & PORK SKEWERS

PREP TIME: 20 MINS
COOK TIME: 10 MINS
SERVES 4 (AS A MAIN)

4 Tbsp brown sugar
60ml (¼ cup) apple cider vinegar
1 tsp fish sauce
400g pork fillet, trimmed of all visible fat, cut into cubes
½ small pineapple, peeled, cored, cut into chunks
1 green capsicum, cut into squares
4 green shallots, trimmed, cut into 4 equal lengths
Coriander leaves, to serve (optional)
160g (¾ cup) Doongara Low GI Brown Rice, cooked following packet instructions, to serve
140g green beans, trimmed, steamed, to serve
2 carrots, cut into sticks, steamed, to serve

1 Heat sugar and vinegar in a small saucepan over low heat until sugar dissolves. Stir in fish sauce. Add pork and mix well so all cubes are covered in sauce.
2 Preheat a barbecue grill, plate or chargrill on medium. Thread pork and pineapple onto skewers, alternating pieces with capsicum and green shallots.
3 Put skewers on grill and cook for 3-4 minutes each side or until cooked through. Sprinkle with coriander, if so desired. Serve skewers with rice, green beans and carrots.

COOK'S TIP

You'll need eight small or four large skewers for these. Metal skewers with twists along the length are ideal, as they stop the ingredients from sliding about. If you're using wooden skewers, soak them in cold water first for 20 minutes.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

SOY AND SALMON PARCELS

PREP TIME: 20 MINS
COOK TIME: 10 MINS
SERVES 4 (AS A MAIN)

1 Tbsp margarine
4 x 100g skinless salmon fillets
2 Tbsp salt-reduced soy sauce
1 Tbsp honey
1 Tbsp sesame seeds
2 green shallots, diagonally sliced
1 cheese & garlic roll, per person, to serve
3 large carrots, cut into sticks, steamed, to serve
20 spears asparagus, trimmed, steamed or barbecued, to serve

Cucumber salad
2 Lebanese cucumbers, thinly sliced
¼ tsp sesame oil

1 Preheat a barbecue plate on medium. Cut 4 pieces of foil that will easily wrap a piece of salmon and lay them on the work surface. Spread a little margarine onto the centre of each piece of foil to stop salmon sticking. Lay salmon on top. Mix soy sauce and honey. Pour soy mixture over the salmon. Dot any remaining margarine on top and then fold foil around salmon tightly to make a parcel.
2 Put parcels on the barbecue and cook for 8-10 minutes. Check one parcel to see how it's getting along, however be careful – it will be hot. Once salmon is cooked, open parcels and scatter some sesame seeds and green shallots into each.
3 Mix cucumber with a few drops of sesame oil. Serve salmon with cucumber salad, the cheese and garlic rolls, carrots and asparagus. ■

NUTRITION INFO

PER SERVE 1980kJ, **protein** 30g, **total fat** 22g (sat. fat 7g), **carbs** 34g, **fibre** 9g, **sodium** 548mg • **Carb exchanges** 2½ • **GI estimate** medium

crowd pleaser

SPICE *is* NICE

Give a pub favourite some curry with this sub-continental spin

INDIAN NACHOS

PREP TIME: 15 MINS
COOK TIME: 40 MINS
SERVES 6 (AS A LIGHT MEAL)

420g can no-added-salt chickpeas, rinsed and drained
1 Tbsp olive oil
½ tsp cumin seeds
½ tsp mild curry powder
2 naan breads, cut into triangles
1 Tbsp margarine, melted
150g grated reduced-fat cheddar
1 green chilli, finely chopped

Salsa

250g punnet cherry tomatoes, chopped
1 red onion, finely chopped
½ cup coriander leaves, chopped

Yoghurt sauce

150g reduced-fat natural yoghurt
1 clove garlic, crushed
1 tsp mint sauce

1 To make the salsa, toss all ingredients in a bowl and then set aside.
2 To make yoghurt sauce, whisk all ingredients in a small bowl.
3 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Rinse chickpeas in a sieve under running water. Drain well and then pat dry with paper towel. Toss chickpeas with olive oil and spread out on the lined tray. Cook for 30-35 minutes, or until chickpeas are golden and crisp on the outside. Toss them with cumin seeds and curry powder. Return to oven and cook for a further 3 minutes.
4 Meanwhile, brush naan pieces with melted margarine and spread out on a baking tray. Add to oven while chickpeas are cooking and cook for 15 minutes, or until naan pieces are crisp. Set aside to cool.
5 To assemble nachos, spread crispy naan pieces over the base of a heatproof serving dish. Scatter over grated cheese, chopped chilli and half the chickpeas. Bake in oven for 5 minutes, or until cheese melts. Top with remaining chickpeas and spoon over salsa. Drizzle with yoghurt sauce before serving. ■

How our food works for you
see page 90

NUTRITION INFO LC
PER SERVE 1240kJ, **protein** 15g, **total fat** 15g (sat. fat 5g), **carbs** 23g, **fibre** 5g, **sodium** 411mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

TOP TASTE

GET YOUR ROLL ON

Fire up the grill to prep these better-for-you buns packed with flavours to savour

TURKEY CORIANDER BURGERS WITH GUACAMOLE

Homemade guac is the perfect partner for turkey mince.

see recipe, page 37 >>

How our food works for you
see page 90

NUTRITION INFO

PER SERVE 2170kJ, **protein** 34g, **total fat** 17g (sat. fat 4g), **carbs** 53g, **fibre** 8g, **sodium** 790mg

- **Carb exchanges** 3½
- **GI estimate** medium

NUTRITION INFO

PER SERVE 1130kJ, **protein** 19g, **total fat** 6g (sat. fat 2g), **carbs** 32g, **fibre** 5g, **sodium** 541mg

- **Carb exchanges** 2
- **GI estimate** medium

Cook's Tip

If you can't buy small baguettes, simply cut a large one into pieces of the same weight.

TURKEY BÁNH MÌ

Dazzle allcomers with your version of this zesty Vietnamese filled roll.

see recipe, page 38 >>

Turkey coriander burgers with guacamole

TURKEY CORIANDER BURGERS WITH GUACAMOLE

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 4 (AS A MAIN)

400g lean turkey breast mince
1 tsp Worcestershire sauce
85g fresh breadcrumbs, made from low-GI, high-fibre bread
1 Tbsp chopped coriander
1 large red onion, finely chopped
Freshly ground black pepper
1 large ripe avocado
1 small red chilli, deseeded, finely chopped
Juice of 1 lime
4 (80g each) ciabatta rolls, cut in half through the middle
100g (½ cup) drained, roasted red pepper strips in vinegar, roughly chopped

1 **In a medium bowl** combine mince, Worcestershire sauce, breadcrumbs and half each of the coriander and onion. Season with pepper. Form into 4 patties. Place on a plate, cover and place in fridge until ready to cook.

2 **Meanwhile, for guacamole,** mash avocado in a medium bowl. Add chilli, lime juice and remaining coriander and onion. Season with pepper. Stir well to combine and then chill in fridge.

3 **Preheat a chargrill pan** or barbecue on medium. Spray rolls lightly with cooking spray. Add rolls, cut-side down and cook for 1 minute or until warmed through. Remove rolls from heat. Set aside. Spray patties with oil and add to barbecue. Cook for 4-5 minutes each side or until cooked through.

4 **Top bases of rolls** with patties, then guacamole and pepper strips. Put on top half of rolls and serve.

COOK'S TIP

You can replace the turkey mince with chicken breast mince.

LAMB, SPINACH & RICOTTA BURGERS

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A MAIN)

2½ Tbsp olive oil
4 small brown onions, 2 halved and finely sliced, 2 grated
1 Tbsp cumin seeds
200g baby spinach leaves
300g lean lamb mince
3 Tbsp reduced-fat ricotta
Freshly ground black pepper
6 Tbsp reduced-fat Greek-style natural yoghurt
½ small bunch mint leaves, finely chopped
4 (70g each) seeded buns or gluten-free rolls, split in half
1 large tomato, sliced

1 **Heat 2 Tbsp** oil in a large non-stick frying pan over medium heat. Add sliced onions and cumin seeds. Stir well. Reduce heat to medium-low and cook, stirring occasionally, for 20 minutes or until onions soften and start to caramelise.

2 **Meanwhile,** put spinach in a colander and pour over a kettle of boiling water to wilt. Squeeze spinach to remove as much liquid as possible. Roughly chop and put in a large bowl.

3 **Add mince,** grated onion, ricotta and pepper to spinach. Mix until well combined. Shape into 4 patties. Heat remaining oil in a large non-stick frying pan over medium heat. Add patties and cook for 4-5 minutes each side, or until cooked through.

4 **Combine yoghurt,** mint and pepper in a bowl. Spread a little on roll bases. Add tomato and patties. Top with onions and roll tops. Serve yoghurt mix on side.

COOK'S TIP

You can replace lamb mince with extra lean beef mince. ➤

NUTRITION INFO GFO
PER SERVE 2030kJ, **protein** 30g, **total fat** 21g (sat. fat 5g), **carbs** 41g, **fibre** 8g, **sodium** 495mg
- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten-free option**

Now this is what we call a real 'hamburger'

Turkey bánh mì

HAM, FENNEL AND APPLE BURGERS

PREP TIME: 20 MINS
SERVES 4 (AS A LIGHT MEAL)

2 tsp wholegrain mustard
2 Tbsp 97% fat-free mayonnaise
120g ham off the bone, shredded
1 tsp salt-reduced tomato sauce
1 tsp honey
3 Tbsp cider vinegar
½ bulb fennel, shredded, or 2 sticks celery, thinly sliced diagonally
1 green apple, grated
2 cups finely shredded cabbage
Freshly ground black pepper
4 (50g each) round rolls, cut

1 **Mix mustard** and mayonnaise in a small bowl. Set aside.
2 **Combine ham, tomato sauce**, honey and 1 Tbsp cider vinegar in a bowl. Place in fridge.
3 **For the slaw,** combine fennel, apple, cabbage and remaining vinegar in a large bowl. Season with pepper.
4 **Assemble burgers by** spreading mustard mayonnaise on cut sides of buns, pile on ham, then some of the slaw. Serve burgers with remaining slaw on the side.

NUTRITION INFO
PER SERVE 930kJ, **protein** 11g, **total fat** 3g (sat. fat 1g), **carbs** 34g, **fibre** 5g, **sodium** 801mg • **Carb exchanges** 2½ • **GI estimate** medium

TURKEY BÁNH MÌ

PREP TIME: 20 MINS
(+ 15 MINS MARINATING)
SERVES 4 (AS A LIGHT MEAL)

2 small (110g each) baguettes (see Cook's Tip, page 36)
50g chicken liver pâté
1 small cucumber, thinly sliced diagonally
140g cooked turkey or chicken breast, shredded
1 Tbsp 97% fat-free mayonnaise
1 small red chilli (deseeded, if you like), ½ chopped, ½ finely sliced
Handful mint leaves

Pickled slaw

2 small carrots, coarsely grated
75g red cabbage, shredded
½ tsp grated ginger
2 tsp rice wine vinegar
½ tsp caster sugar

1 **To make pickled slaw,** combine carrot and cabbage in a large bowl. Combine ginger, rice wine vinegar and sugar in a small bowl. Pour vinegar mixture over vegies. Toss to combine. Set aside for at least 15 minutes to pickle.
2 **Halve baguettes** lengthways and spread pâté over bottom half of each. Top with slaw, cucumber and shredded turkey. Mix mayonnaise with chopped chilli and spoon over. Scatter with mint leaves and sliced chilli. Cut each baguette in half to serve. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Stops unwanted weight gain

Discover how to fight those unhealthy grazing and snacking habits

If you have diabetes, healthy eating is vital. Healthy eating manages your blood glucose, cholesterol and blood pressure levels better. Healthy eating helps you maintain a healthy body weight, boosts your energy and improves your wellbeing. This is why an Australian dietician developed low GI BodyCare Nutrition Revitalise. It is a delicious multi-vitamin and mineral health shake. Revitalise also contains essential amino acids and fibre and has a low glycemic load.

Healthy eating can be challenging. Reaching for a biscuit, chocolate bar, cake or soft drink can be very tempting at times. Consuming too many of these foods can play havoc with your blood sugar levels. You may even experience weight gain. If any of this sounds familiar you should try Revitalise.

Revitalise helps you to stop grazing and snacking. At only 140 calories per serve, it is great for maintaining a healthy weight.

Weight loss and weight management made easy

Carrying excess weight can change the way your body reacts to Insulin. Revitalise makes it easy for you to better manage your weight and lose weight. With low GI foods like Revitalise, carbohydrates break down more slowly. This results in suppressing hunger and reducing cravings. This also reduces Insulin load and Insulin resistance. It's good news for people with weight management problems.

The combination of Low GI and healthy levels of protein and fibre means Revitalise helps to stop grazing or snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which reduces blood glucose and Insulin levels.

Better managing your weight leads to better Insulin control

When used with a healthy eating diet and exercise, Revitalise helps stop unwanted weight gain. It can even help you to lose weight and keep it off. Because **Revitalise is not a meal replacement**, it is perfect to drink between meals.

Here's how Revitalise has helped some people improve their lives...

I feel fantastic and I'm not hungry!

"I have type II diabetes. I started using Revitalise as a pre-workout early morning shake and oh wow, I have got stamina to keep up and I feel fantastic. So far I'm going well and I'm not even hungry after work outs. - M. D., Qld."

No cravings for chocolate and my energy levels increased!

"I am feeling the benefits of drinking Revitalise. My energy levels have definitely increased, which is lovely!

One week later: *I am totally blown away by how well I am feeling. I have not had even one craving for chocolate! I feel so balanced, it is wonderful. - Bernadette Heap, N.S.W."*

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP $32.95, Revitalise lasts 14 days.

Free delivery for online orders

Revitalise is available from the stores below and online from bodycarenutrition.com.au. Insert Coupon Code **goodhealth2019** into the shopping cart for **free delivery**. Offer expires 30/11/19.

Made in Australia

Sydney
- Austral Pharmacist Advice, **Austral**
- Chemistworks, Stockland, **Wetherill Park**
- Destro's Pharmacy, **Drummoyne**
- Easy Script, Queen St, **St Marys**
- Eddies Pharmacy, **Ramsgate Beach**
- Lethbridge Park Pharmacy, **Lethbridge Park**
- Mediadvice, Town Centre, **Glenmore Park**
- Mullanes, Stockland Mall, **Baulkham Hills**
- Penna's Pharmacy, **Edensor Park**
- PharmaSave, Victoria Rd, **West Ryde**
- Priceline, Westfield **Parramatta**
- Priceline, High St, **Penrith**
- Priceline, Southlands, **Penrith South**
- Priceline, Seven Hills Plaza, **Seven Hills**
- Springfield Pharmacy, **Dundas**
- Terry White Chemmart, **Bondi Junction** (Westfield)
- Terry White Chemmart, **Oran Park** S/Centre
- Terry White Chemmart (438 High St), **Penrith**
- West Hoxton Pharmacy, **Austral**

Central Coast
- Bateau Bay Road Chemist, **Bateau Bay**
- Cooranbong Pharmacy & Compounding, **Cooranbong**
- Discount Drug Store, **Budgewoi**
- HealthSAVE Chemist, **Erina Fair**
- Hopes Pharmacy, **Toukley**
- Wyee Centre Pharmacy, **Wyee**

Newcastle area
- Chemistworks, Stockland Super Centre, **Glendale**
- My Community Pharmacy, **Shortland**

Hunter area
- Your Discount Chemist, **East Maitland**

ACT
- Priceline Marketplace, **Gungahlin**
- Caremore Pharmacy, Kaleen Plaza, **Kaleen**

NSW Southern area
- Beachside Capital Chemist, **Ulladulla**
- Figtree Plaza Chemist, **Figtree**
- Mittagong Capital Chemist, **Mittagong**
- Windang Pharmacy & Compounding, **Windang**

New England
- Blooms, Peel St, **Tamworth**
- The Centre Pharmacy, Northgate S/C, **Tamworth**

NSW Mid North Coast
- Hearle's Pharmacy, **Port Macquarie**
- The Urunga Pharmacy, **Urunga**
- Your Discount Chemist, **Port Macquarie**

Northern NSW
- Mullum Chemsave Pharmacy, **Mullumbimby**

Brisbane
- Brassall Pharmacy, **Brassall**
- Jindalee Chemsave, **Jindalee**
- Priceline, **Redbank**
- Blooms, Mount Ommaney S/C, **Mt Ommaney**

South East Queensland
- Friendlies Pharmacy, Pialba, **Hervey Bay**
- Just Pharmacy, James St, **Toowoomba**
- NOVA Discount Pharmacy, Pialba, **Hervey Bay**

South East Queensland (regional)
- Soul Pattinson Pharmacy, **Murgon**

Sunshine Coast
- Eumundi Village Pharmacy, **Eumundi**
- Mapleton Pharmacy, **Mapleton**

North Queensland
- Ayr Amcal Chemist, **Ayr**
- LiveLife Pharmacy, **Cannonvale**

Melbourne
- Capital Chemist, **Coburg North**
- Deer Park Pharmacy, Ballarat Rd, **Deer Park**
- NOVA Pharmacy, Brandon Park S/C, **Brandon Park**
- NOVA Pharmacy, Centre Dandenong Rd, **Dingley**
- NOVA Pharmacy, Fordholm Road, **Hampton Park**
- NOVA Pharmacy, Gateway Shopping Village, **Langwarrin**
- NOVA Pharmacy, Waverley Gardens S/C, **Waverley Gardens**

Ballarat
- Crawfords Pharmacy, Sturt St, **Ballarat**

South Australia
- Priceline, **Port Lincoln**

Perth
- Landsdale Guardian Pharmacy, **Landsdale**
- Ocean Reef Pharmacy, **Ocean Reef**
- Stratton Park Pharmacy, **Stratton Park**

Fremantle
- Cockburn Super Clinic Pharmacy, **Success**

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www.bodycarenutrition.com.au

BodyCare Nutrition's Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. © Copyright 2019

LET'S DO LUNCH

GF

ROASTED VEG AND FETA QUINOA SALAD

There's plenty of variety for vegie lovers in this dish.

see recipe, page 46 >>

NUTRITION INFO
PER SERVE 1060kJ, **protein** 15g, **total fat** 5g (sat. fat 2g), **carbs** 31g, **fibre** 11g, **sodium** 191mg
- **Carb exchanges** 2
- **GI estimate** low
- **Gluten free**

Turn the midday meal into a moment of fun and flavour with these dishes

BAKED BEETROOT FALAFELS

No meat but there is lots of flavour in this spin on a Mediterranean classic.

see recipe, page 46 >>

How our food works for you
see page 90

NUTRITION INFO

PER SERVE 1150kJ, **protein** 12g, **total fat** 5g (sat. fat 1g), **carbs** 39g, **fibre** 10g, **sodium** 265mg

- **Carb exchanges** 2½
- **GI estimate** medium

GFO LC

THAI RED CURRY PUMPKIN SOUP

Traditional soup with a spicy Asian twist, yum!

see recipe, page 46 >>

NUTRITION INFO

PER SERVE 623kJ, **protein** 6g, **total fat** 5g (sat. fat 1g), **carbs** 16g, **fibre** 6g, **sodium** 661mg

- **Carb exchanges** 1
- **GI estimate** low
- **Lower carb**
- **Gluten-free option**

NUTRITION INFO GFO
PER SERVE 1370kJ, **protein** 17g, **total fat** 13g (sat. fat 2g), **carbs** 30g, **fibre** 12g, **sodium** 259mg
- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

CURRIED TOFU SALAD

PREP TIME: 15 MINS
COOK TIME: 5 MINS
SERVES 2 (AS A LIGHT MEAL)

150g firm tofu, patted dry with paper towel, cubed
2 tsp olive oil
150g silken tofu
2 tsp curry powder or gluten-free curry powder
1 small bunch coriander, stalks finely chopped, leaves roughly chopped
Zest and juice of 1 lime
Freshly ground black pepper
30g raisins
2 Tbsp mango chutney or gluten-free mango chutney
1 carrot, coarsely grated
½ red onion, very thinly sliced
1 baby cos, leaves separated

1 Toss firm tofu and olive oil in a bowl. Heat a medium non-stick frying pan over medium heat. Add tofu and cook, tossing often, for 2-3 minutes or until golden brown. Transfer to a plate lined with paper towelling.

2 Put silken tofu, curry powder, coriander stalks, lime zest and juice, and pepper into a small food processor or blender. Blend until completely smooth.

3 Pour dressing into a bowl. Add raisins, mango chutney, carrot and onion. Mix to combine. Divide lettuce between 2 plates. Fold tofu and coriander leaves through dressing and pile on top of lettuce. Serve. ➤

Take your salad on a trip to Asia with a saucy satay swing

NUTRITION INFO
PER SERVE 1280kJ, **protein** 15g, **total fat** 18g (sat. fat 4g), **carbs** 17g, **fibre** 8g, **sodium** 68mg
- **Carb exchanges** 1
- **GI estimate** medium
- **Gluten free**
- **Lower carb**

GF LC

CHICKEN SATAY NOODLE SALAD

Forget the takeaway – this dish is easy-as to whip up.

see recipe, page 47 >>

PERI-PERI CHICKEN MOZZARELLA STACKS

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 2 (AS A LIGHT MEAL)

2 skinless (100g each) chicken breast fillets
Freshly ground black pepper
2 Tbsp peri-peri sauce, plus extra to serve
2 drained roasted red peppers, halved
50g mozzarella, sliced
2 cups rocket leaves, to serve
Squeeze of fresh lemon juice, to serve

Minted peas

2 tsp olive oil
½ brown onion, finely chopped
1 clove garlic, finely chopped
100g frozen peas
1 Tbsp boiling water
½ red chilli, finely chopped
½ small bunch mint, leaves shredded

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Put one chicken breast on a board and use a knife to cut in ½ horizontally, creating two flat, thin chicken pieces. Repeat with other breast. Put the four chicken pieces onto the baking tray, season with pepper and drizzle over peri-peri sauce. Roast for 8-10 minutes until chicken is cooked through.
2 Meanwhile, to make minted peas, heat oil in a small non-stick frying pan over medium heat. Add onion and garlic. Cook, stirring occasionally, for 7-8 minutes or until onion is very soft. Add peas and water. Simmer for 2-3 minutes or until peas are just cooked. Crush lightly with a fork. Add chilli and mint. Toss to combine. Transfer to a dish and cover loosely with foil to keep warm.
3 Add a slice of red pepper to top of each piece of chicken, followed by mozzarella slices. Return to oven for 5 minutes or until mozzarella melts.
4 Divide minted peas between 2 plates, then put one chicken piece on a plate with another sitting on top to make a stack. Serve with rocket leaves that have been drizzled with a little lemon juice. ➤

NUTRITION INFO

GF LC

PER SERVE 1420kJ, **protein** 33g, **total fat** 13g (sat. fat 5g), **carbs** 18g, **fibre** 8g, **sodium** 607mg

- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**
- **Lower carb**

ROASTED VEG AND FETA QUINOA SALAD

PREP TIME: 15 MINS
COOKING TIME: 40 MINS
SERVES 2 (AS A LIGHT MEAL)

Roasted veg and feta quinoa salad

1 red capsicum, quartered
1 yellow capsicum, quartered
1 small brown onion, cut into wedges
2 cloves garlic
Freshly ground black pepper
125g cherry tomatoes
60g (⅓ cup) tri-colour quinoa
185ml (¾ cup) water
1 Tbsp sherry vinegar
1 small bunch coriander, leaves picked
1 cup rocket leaves
30g reduced-fat feta, crumbled

1 **Preheat oven** to 200°C (fan-forced). Line a shallow roasting pan with baking paper. Add capsicums, onion and garlic to pan. Spray with oil and season with black pepper. Roast for 20 minutes.
2 **Add cherry tomatoes** to pan and roast for a further 15-20 minutes or until tomatoes and garlic have softened and capsicums and onion are slightly charred.
3 **Meanwhile,** bring quinoa and water to the boil in a small saucepan over medium heat. Reduce heat to low and cook, covered, for 12-15 minutes or until liquid is absorbed.
4 **Add quinoa and sherry** vinegar to roasting pan with vegetables. Toss to combine. Add coriander and rocket. Toss to combine. Sprinkle over feta and serve.

BAKED BEETROOT FALAFELS

PREP TIME: 20 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A LIGHT MEAL)

Baked beetroot falafels

400g can no-added-salt chickpeas, undrained
½ red onion, finely chopped
3 cloves garlic, crushed
75g pre-cooked beetroots (see Cook's Tip)
2 tsp ground cumin
½ tsp baking powder
Juice of 1 lemon
4 Tbsp plain flour
1 small bunch flat-leaf parsley, stalks finely chopped, leaves picked
Freshly ground black pepper
1 Tbsp sesame seeds
3 Tbsp low-fat Greek-style natural yoghurt
2 (65g each) wholemeal pita pockets, warmed, halved, split, to serve
1 large tomato, sliced, to serve
1 large Lebanese cucumber, sliced, to serve

1 **Preheat oven** to 180°C (fan-forced). Line a baking tray with baking paper. Put chickpeas, onion, 2 cloves garlic, beetroots, cumin, baking powder, 2 tsp lemon juice and the flour in a small food processor. Add in parsley stalks and season with pepper. Use pulse button to process mixture until it becomes a rough paste.
2 **Sprinkle sesame seeds onto** a plate. Divide chickpea mixture into 8 slightly flattened balls. Gently press each one into sesame seeds on both sides to lightly coat. Arrange on lined tray. Spray falafels with cooking spray and bake for 30 minutes or until they are crisp.
3 **Meanwhile,** combine yoghurt, 1 clove garlic, juice of ½ lemon and freshly ground black pepper in a bowl. Mix well and then set aside.
4 **Stuff falafels** into warmed pitas with slices of tomato, cucumber, parsley leaves and a drizzle of garlic yoghurt. Serve half a pocket per person.

Cook's Tip
Ready cooked beets are available in the fruit and vegetable section of the supermarket.

THAI RED CURRY PUMPKIN SOUP

PREP TIME: 10 MINS
COOK TIME: 45 MINS
SERVES 4 (AS A LIGHT MEAL)

2 tsp olive oil
2 Tbsp Thai red curry paste or gluten-free curry paste
1 brown onion, finely chopped
1 small bunch coriander, stalks finely chopped, leaves roughly chopped
3cm piece ginger, finely grated
1 clove garlic, sliced
1 small red chilli, finely chopped
750g peeled, deseeded and chopped butternut pumpkin
875ml (3½ cups) water

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Thai red curry pumpkin soup

Chicken satay noodle salad

625ml (2½ cups) salt-reduced vegetable stock or gluten-free stock
1 lime, juiced

1 **Heat oil in a** large saucepan over medium heat. Add curry paste and cook, stirring often, for 2 minutes or until aromatic. Add onion and cook, stirring occasionally, for 10 minutes, or until onion is very soft.
2 **Add coriander stalks,** grated ginger, garlic and half chilli to pan. Cook, stirring, for 2 minutes. Add pumpkin, water and stock. Cover and bring to a simmer. Reduce heat to medium-low and cook, partially covered, for 30 minutes or until pumpkin is very tender. Stir in lime juice.
3 **Use an electric hand mixer** to blend soup in pan until completely smooth. Divide soup between serving bowls. Top with coriander leaves and remaining chilli to serve.

COOK'S TIP

Check the ingredients of the red curry paste, as some brands will contain dried shrimp. If you use one that doesn't, this recipe is vegetarian.

CHICKEN SATAY NOODLE SALAD

PREP TIME: 15 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A LIGHT MEAL)

2 skin-on chicken thighs on the bone (see Health Tip)
Freshly ground black pepper
50g dried rice noodles
½ small red cabbage, finely shredded
2 carrots, coarsely grated
½ red onion, thinly sliced
1 small bunch mint, leaves shredded
40g roasted unsalted peanuts, roughly chopped

Dressing

1 Tbsp no-added-salt-and-sugar crunchy peanut butter
1½ Tbsp boiling water
½ red chilli, finely chopped
3cm piece ginger, grated
½ clove garlic, crushed
2 small limes, 1 zested and 2 juiced

1 **Preheat oven** to 200°C (fan-forced). Line a baking tray with baking paper. Place chicken on tray and season with pepper. Roast for 40 minutes or until skin is really crisp and meat is tender. Transfer chicken to a plate lined with paper towelling. Set aside to rest for 10 minutes. Remove meat from bones and shred flesh.
2 **Meanwhile,** cook rice noodles following pack instructions, then rinse really well with cold water and drain thoroughly.
3 **To make salad dressing,** put peanut butter and water in a large bowl. Whisk until combined. Add chilli, ginger, garlic, lime zest and juice. Whisk well.
4 **Add cabbage, carrots**, onion, mint and noodles to dressing. Toss well to combine. Divide salad between serving plates. Top with crispy chicken and peanuts.

HEALTH TIP

To reduce the fat content of this recipe, try using skinless chicken breast. Adjust roasting time to 15-20 minutes. ■

Lunch can be so much more than a dry old sandwich and an apple

SPINACH

Rich in the B vitamins and folate, which plays an important role in managing homocysteine, an amino acid that narrows the arteries.

AVOCADO

A great source of potassium, making it good for blood pressure. Peel carefully, as many of the beneficial nutrients are found in the darker green flesh next to the peel.

ORANGE

Don't forget the zest, which is rich in protective compounds such as hesperidin, which helps to balance blood pressure and protect arteries.

DRESSING

Loaded with protective vitamin C and anticoagulant garlic.

SALMON

Great source of omega-3 fatty acids, which have cholesterol-lowering effects.

RED ONION

Rich in quercetin, which has antioxidant and anti-inflammatory properties and may help lower blood pressure.

BEETROOT

Cook in their skins to optimise your intake of heart-friendly nutrients.

PUMPKIN SEEDS

Help to maintain healthy blood vessels and top up your calcium, magnesium and zinc intake.

Eat your way TO A HEALTHY HEART

According to the World Health Organization, 80 per cent of premature heart attacks may be preventable, so it makes sense to do what you can. By eating wisely, and making small, significant changes in your lifestyle, you can make a difference to your heart health.

Research suggests the Mediterranean diet may be beneficial in reducing the risk of heart disease, as well as other chronic diseases, such as type 2. This diet encourages regular consumption of vegetables, fruit, wholegrains, fish, lean meats, nuts, seeds and virgin olive oil, with smaller quantities of lean red meat and dairy, and minimal sweets. Advantages of this style of eating are in the balance of essential fatty acids (more omega-3 than omega-6), and the plentiful fruit and veg, in which antioxidants provide resistance to heart disease.

ZESTY SALMON WITH ROASTED BEETS & SPINACH

PREP TIME: 20 MINS
COOK TIME: 1 HOUR
SERVES 2 (AS A MAIN)

4 small (200g) beets
1 Tbsp olive oil
1 tsp coriander seeds, lightly crushed
Freshly ground black pepper
2 x 120g skinless salmon or trout fillets
2 small oranges, zest removed from 1 orange
2 Tbsp pumpkin seeds
1 clove garlic, finely grated
1 red onion, finely chopped
60g baby spinach leaves
1 small avocado, sliced

1 **Preheat oven** to 160°C (fan-forced). Trim stems of beets and reserve any tender leaves that are suitable for eating in the salad. Quarter beets, then toss them with 2 tsp olive oil, the coriander seeds and black pepper. Pile mixture in the middle of a large piece of foil. Wrap up into a parcel and place on a baking tray.

2 **Bake beets** for 45 minutes or until tender. Carefully unwrap beets and then top with salmon fillets. Sprinkle half the orange zest over salmon. Wrap up again in foil. Return to oven for 15 minutes. If you want to toast pumpkin seeds, place them on a small baking tray in the oven for 10 minutes while fish is cooking.

3 **Meanwhile,** cut the peel and pith from oranges, then cut out the segments with a sharp knife, working over a bowl to catch juices. Stir grated garlic into orange juice with remaining oil. Season with black pepper and set aside to use as a dressing.

4 **Remove parcel from** oven and lift out fish fillets. Tip beetroot into a bowl with red onion, remaining orange zest, pumpkin seeds and spinach leaves. Toss to combine. Gently toss through orange segments and avocado with any beet leaves. Pile beet mixture onto serving plates and top with warm salmon fillets. Drizzle over salad dressing and serve while the food is still warm. ➤

NUTRITION INFO GF LC
PER SERVE 2660kJ, **protein** 35g, **total fat** 41g (sat. fat 10g), **carbs** 26g, **fibre** 13g, **sodium** 130mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free** • **Lower carb**

How our food works for you see page 90

Eat more OF THESE FOODS

- **Oily fish such as salmon,** tuna, mackerel, sardines, herring and trout contain fats that help to prevent clots, improve blood triglyceride levels (a fat in your blood) and boost circulation. Aim for 2-4 portions per week and use gentle methods of cooking, such as poaching and baking, to protect the heart-healthy oils.

- **Avocados,** nuts, seeds and olive oil are examples of heart-friendly choices, as they are loaded with monounsaturated fats which can help to lower blood cholesterol.

- **Fruit and veg** are packed with potassium, which helps to manage blood pressure, as well as antioxidants, which help to minimise damage to arteries. Vary your intake to include all the colours of the rainbow. Garlic also has impressive health credentials. Grate it to better activate the compound allicin (has antibacterial, antifungal and antiviral properties).

- **Ginger,** chilli, cinnamon, oregano and allspice can reduce inflammation and protect the cardiovascular system.

- **Calcium from dairy foods** helps to lower blood pressure and regulate the heart muscle.

- **Pulses and wholegrains** are a good source of magnesium, which helps to relax blood vessels, while the fibre helps to manage cholesterol levels.

Protect your HEART

- **Cut back on processed meats** such as sausages, ham, bacon and burgers, plus sweets such as cakes, biscuits and pastries.
- **Keep alcohol intake** within government guidelines of no more than two standard drinks a day, and have at least two alcohol-free days a week. Red wines are rich in protective polyphenols, but remember, a standard glass of wine is generally only 100ml, not the size of your wine glass!
- **Keep your weight down and stay active,** aiming to complete about 30 minutes of moderate-intensity exercise on most, if not all, days – the kind that raises your heart rate.
- **Staying hydrated** will help to maintain a healthy blood flow, so keep your water bottle handy!
- **Try to reduce stress levels** in a way that works for you.
- **Don't smoke.** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

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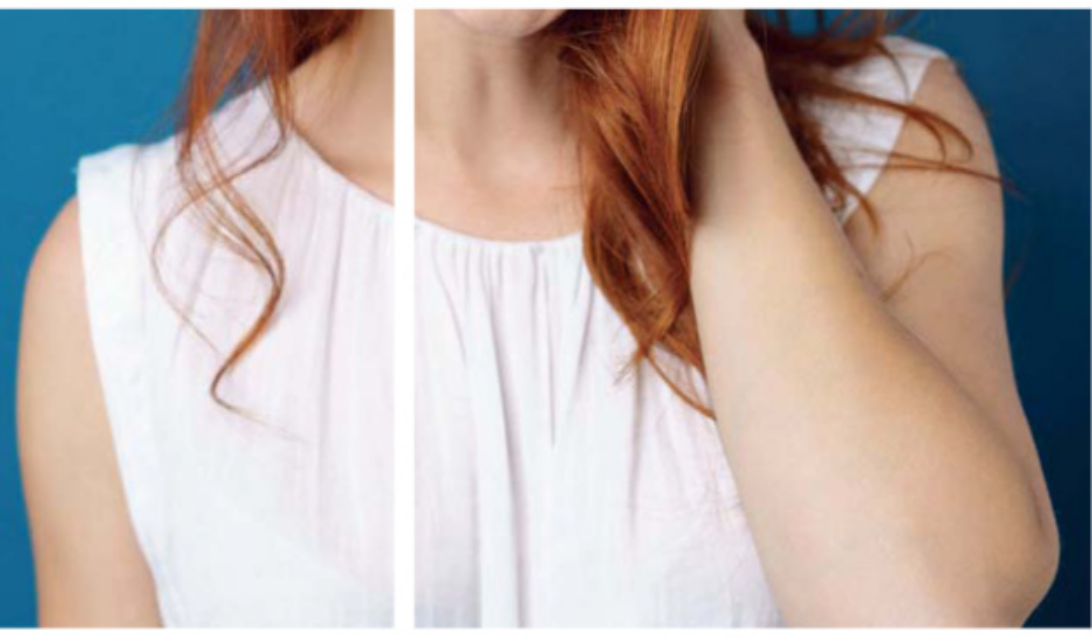

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NUTRITION INFO
PER SERVE 1310kJ, **protein** 17g, **total fat** 7g (sat. fat 1g), **carbs** 37g, **fibre** 9g, **sodium** 228mg
- **Carb exchanges** 2½
- **GI estimate** medium

CAJUN PRAWN PIZZA
Spice and all things nice give this seafood pizza some extra bite.
see recipe, page 55 >>

Build it from the base up to put this classic on the family's wish list

Perfect pizzas

Cook's Tip

This pizza is made without tomatoes, but if you like them, serve it with a tomato and cucumber salad on the side.

CARAMELISED ONION & GOAT'S CHEESE PIZZA

This meat-free treat is low on tradition but high on tasty, healthy ingredients.

see recipe, page 55 >>

How our food works for you

see page 90

NUTRITION INFO

PER SERVE 1840kJ, **protein** 17g, **total fat** 16g (sat. fat 5g), **carbs** 49g, **fibre** 15g, **sodium** 235mg

- **Carb exchanges** 3½
- **GI estimate** medium

BARBECUE CHICKEN PIZZA

PREP TIME: 20 MINS
COOK TIME: 30 MINS
SERVES 4 (AS A MAIN)

3 red capsicums, sliced
1 large brown onion, thinly sliced
1 Tbsp olive oil
1 tsp fennel seeds
2 Tbsp barbecue sauce
2 Tbsp tomato puree
5 Tbsp water
200g skinless chicken breast fillets, trimmed of fat, diced
175g baby egg or cherry tomatoes, quartered
50g smoked cheese or mozzarella, grated

Base

250g wholemeal flour, plus a little extra for kneading, if necessary
1 tsp dried yeast
200ml lukewarm water
1 Tbsp olive oil, plus extra for oiling hands

1 **To make pizza base,** preheat oven to 200°C (fan-forced). Spray a 25 x 35cm Swiss roll tin or large rectangular baking tray with cooking spray. Line a small baking tray with baking paper. Put flour and yeast in a large bowl. Add water and 1 Tbsp oil. Use a flat-bladed knife to mix until mixture comes together to form a soft dough. Turn out onto a lightly floured surface and knead until smooth. Return to bowl, cover with a clean tea towel and set aside to rest while making topping.

2 **Toss capsicums** and onion with oil and fennel seeds. Put on baking tray and roast for 15 minutes.

3 **Meanwhile**, combine barbecue sauce, tomato puree and the water in a small bowl.

4 **Use lightly oiled hands** to press dough into the base of tin. Spread with two-thirds of the barbecue sauce mix. Add chicken to rest of barbecue sauce. Toss to combine. Spread roasted capsicum mixture over pizza. Scatter over tomatoes and evenly spoon over barbecue chicken. Sprinkle over cheese. Bake for 15 minutes or until base is cooked through. Serve.

NUTRITION INFO

PER SERVE 1920kJ, **protein** 24g, **total fat** 15g (sat. fat 4g), **carbs** 51g, **fibre** 11g, **sodium** 258mg

- **Carb exchanges** 3½
- **GI estimate** medium

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Cajun prawn pizza

Caramelised onion & goat's cheese pizza

CAJUN PRAWN PIZZA

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 4 (AS A LIGHT MEAL)

Base

200g wholemeal plain flour, plus extra for kneading, if necessary
1 tsp dried yeast
150ml lukewarm water
2 tsp olive oil, plus extra for oiling hands

Topping

1 Tbsp olive oil
2 large sticks celery, finely chopped
1 yellow or green capsicum, finely chopped
½ x 400g can no-added-salt chopped tomatoes
1 tsp smoked paprika
165g small peeled green prawns (see Cook's Tips)
3 Tbsp chopped coriander
1 tsp Cajun spice mix
30g rocket leaves, to serve

1 **Preheat oven** to 200°C (fan-forced). Put flour and yeast in a large bowl. Add the water and 2 tsp oil. Use a flat-bladed knife to mix until mixture comes together to form a soft dough. Turn out onto a lightly floured surface and knead until smooth. Return to the bowl and cover with a clean tea towel. Set aside to rest while making the topping.

2 **Heat oil in a** large non-stick frying pan over medium heat. Add celery and capsicum. Cook, stirring occasionally, for 8 minutes, or until vegetables soften. Stir in tomatoes and paprika. Cook, stirring often, for 2 minutes. Remove pan from heat and stir in prawns. Set aside.
3 **Spray two baking trays** with cooking spray. Cut dough in half and use lightly oiled hands to shape each piece into a 25cm round. Place on oiled trays. Spread each base with half the prawn mix. Scatter over coriander and Cajun spice. Bake for 10 minutes or until base is cooked through. Top with rocket leaves and serve.

COOK'S TIPS

- **You will need about 350g unpeeled green prawns to get this weight.**
- **If you like, you can toss rocket leaves with a little fresh lemon juice or balsamic vinegar before placing on top of pizza.**

CARAMELISED ONION & GOAT'S CHEESE PIZZA

PREP TIME: 20 MINS
COOK TIME: 35 MINS
SERVES 2 (AS A MAIN)

2 onions, halved, thinly sliced
80ml (⅓ cup) water
2 tsp olive oil
2 tsp balsamic vinegar
160g baby spinach leaves, chopped
2 large cloves garlic, finely grated
50g goat's cheese
4 pitted Kalamata olives, quartered
Few thyme leaves
1 tsp sunflower seeds

Base

125g wholemeal plain flour, plus a little for kneading, if necessary
½ tsp dried yeast
100ml lukewarm water
1 tsp olive oil, plus extra for oiling hands

1 **Preheat oven** to 200°C (fan-forced). To make pizza base, put flour and yeast in a large bowl. Add the water and oil. Use a flat-bladed knife to mix until mixture comes together to form a soft dough. Turn out onto a lightly floured surface and knead until smooth (the dough is supposed to be a little sticky, so try not to add too much extra flour). Return to bowl, cover with a clean tea towel and set aside to rest while making pizza topping.
2 **Put onions, the water**, oil and vinegar in a non-stick wok. Cover with a saucepan lid that sits inside the pan, so it's close to onions. Cook over medium-low heat, stirring occasionally, for 15 minutes, or until onions are golden and liquid is gone. Transfer to a plate. Add spinach and garlic to pan. Cook, stirring, for 2 minutes or until spinach wilts.
3 **Spray two baking trays** with cooking spray. Cut dough in half and use lightly oiled hands to shape each piece into a 25cm oval. Place pieces on separate oiled trays. Spread spinach mixture evenly between bases. Top with onions. Sprinkle with goat's cheese and scatter over olives, thyme leaves and sunflower seeds. Bake pizzas for 15 minutes or until golden and bases are cooked through. ■

1

PUMPKIN, CHICKPEA, FETA & PICKLED RADISH SALAD

see recipe, opposite >>

Vegie PROTEIN LUNCHES

Your garden can be the pantry when it comes to meat-free meals that are so, so moreish

2
THREE BEAN SPRING MINESTRONE
see recipe, page 58 >>

3
SATAY TOFU SKEWERS WITH ASIAN GREENS
see recipe, page 58 >>

How our food works for you
see page 90

1 PUMPKIN, CHICKPEA, FETA & PICKLED RADISH SALAD

PREP TIME: 15 MINS
COOK TIME: 50 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 Tbsp harissa paste or gluten-free harissa paste
900g butternut pumpkin, skin on, seeds removed, chopped
Freshly ground black pepper
2 x 420g cans no-added-salt chickpeas, drained
2 Tbsp sherry vinegar
1 tsp caster sugar
1 Tbsp water
200g radishes, cut into pieces
50g reduced-fat feta, crumbled
1 small bunch dill, chopped
2 Tbsp pumpkin seeds, toasted (see Cook's Tip, page 58)

1 **Preheat oven** to 180°C (fan-forced). Line a large roasting pan with baking paper.
2 **Combine olive oil,** harissa paste, pumpkin and black pepper in a bowl. Spread out over prepared roasting pan. Roast for 30 minutes. Add ➤

chickpeas and toss to combine. Roast for a further 20 minutes.
3 **Meanwhile,** heat vinegar, sugar and water in a saucepan. Bring to a simmer over medium heat. Remove pan from heat and tip in radishes. Mix and set aside.
4 **Pile pumpkin** and chickpeas onto a serving platter. Toss through most of the feta and dill. Scatter over pickled radishes and their juices. Top with remaining feta, dill and pumpkin seeds.

Cook's Tip
To toast pumpkin seeds, cook in a small non-stick frying pan over medium heat for 2-3 minutes or until lightly toasted.

NUTRITION INFO GFO
PER SERVE 1420kJ, **protein** 17g, **total fat** 13g (sat. fat 3g), **carbs** 31g, **fibre** 10g, **sodium** 285mg
- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

2 THREE BEAN SPRING MINESTRONE

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 3 (AS A LIGHT MEAL)

1 Tbsp olive oil, plus extra, for drizzling
1 eschalot, chopped
1 bulb fennel, thinly sliced
2 cloves garlic, chopped
420g can no-added-salt cannellini beans, undrained
400g can borlotti beans, drained and rinsed well
350ml salt-reduced vegetable stock or gluten-free stock
350ml water
100g green beans, chopped
150g frozen peas
Finely grated zest of 1 lemon
30g finely grated parmesan
Freshly ground black pepper
Handful basil leaves, torn, to serve

1 **Heat olive oil in a** medium saucepan over medium heat. Add eschalot, fennel and garlic to pan. Cook, stirring occasionally, for 6-7 minutes, or until vegetables soften.
Drain cannellini beans, reserving the starchy water from half of the can.
2 **Add beans,** reserved cannellini bean water, stock, water and green beans. Simmer for 10 minutes, or until green beans are completely softened.
3 **Add peas and** then simmer for 2 minutes. Stir in lemon zest and parmesan. Season with pepper. Ladle into serving bowls. Top with basil leaves and serve.

NUTRITION INFO GFO
PER SERVE 1320kJ, **protein** 19g, **total fat** 11g (sat. fat 3g), **carbs** 31g, **fibre** 16g, **sodium** 717mg
- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

3 SATAY TOFU SKEWERS WITH ASIAN GREENS

PREP TIME: 15 MINS (+ 30 MINS MARINATING)
COOK TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

1½ Tbsp no-added-salt-or-sugar smooth peanut butter
1 tsp salt-reduced soy sauce or gluten-free soy sauce
Pinch of chilli flakes
1 lime, ½ juiced, ½ cut into wedges
2½ Tbsp water
150g firm tofu, cut into chunks
2 tsp olive oil
1 clove garlic, sliced
Small piece ginger, sliced
1 bunch Asian greens, leaves separated, washed
1 Tbsp unsalted dry roasted peanuts, roughly chopped

1 **Combine peanut butter,** soy sauce, chilli flakes, lime juice and the water in a small bowl. Pour half the mixture into a shallow dish. Add tofu and stir to coat. Set aside for 30 minutes to marinate. Thread tofu onto 4 metal or wooden skewers (see Cook's Tip, below) and place on a baking tray.
2 **Preheat grill on medium-high.** Line grill tray with foil. Place tofu on tray and cook for 4 minutes each side or until browned and crisp.
3 **Meanwhile,** heat oil in a large non-stick frying pan over medium-high heat. Add garlic and ginger and cook, stirring, for 1 minute. Add Asian greens and cook for 2-3 minutes, or until their leaves start to wilt.
4 **Divide greens** and skewers between serving plates. Sprinkle over peanuts and drizzle over rest of sauce. Serve with lime wedges.

COOK'S TIP

If using wooden skewers, soak them in cold water for 30 minutes. Drain well. ■

NUTRITION INFO GFO LC
PER SERVE 1250kJ, **protein** 16g, **total fat** 23g (sat. fat 4g), **carbs** 3g, **fibre** 7g, **sodium** 141mg
- **Carb exchanges** 0
- **GI estimate** n/a
- **Gluten-free option** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Lower-carb Christmas lunch

'Tis the season to indulge. And we've done the food maths to help you serve up a healthy family feast that's full of flavour and fun. Lunch is served...

Entree

Ricotta, spinach, basil and lemon dip

Main

Orange and rosemary pork

Sides

Apple, celery, walnut and rocket salad

Cauliflower gratin with parmesan crumb

Dessert

Christmas-style pudding

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 497kJ, protein 6g, **total fat** 6g (sat. fat 1g), **carbs** 6g, **fibre** 5g, **sodium** 109mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GF LC

RICOTTA, SPINACH, BASIL AND LEMON DIP

A great make-ahead starter that's perfect for a warm Christmas Day.

see recipe, page 65 >>

NUTRITION INFO
PER SERVE 1030kJ, **protein** 41g, **total fat** 6g (sat. fat 2g), **carbs** 4g, **fibre** 4g, **sodium** 78mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GF LC

ORANGE AND ROSEMARY PORK

Love the pork rub, which pairs perfectly with the salsa.

see recipe, page 65 >>

NUTRITION INFO
PER SERVE 416kJ, **protein** 2g, **total fat** 8g (sat. fat 1g), **carbs** 5g, **fibre** 2g, **sodium** 43mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

APPLE, CELERY, WALNUT AND ROCKET SALAD

A light tangy side that won't weigh you down.

see recipe, page 66 >>

LC

CAULIFLOWER GRATIN WITH PARMESAN CRUMB

Good golly, it's great caulie with a cheesy top.

see recipe, page 66 >>

NUTRITION INFO

PER SERVE 498kJ, **protein** 8g, **total fat** 5g (sat. fat 2g), **carbs** 8g, **fibre** 4g, **sodium** 227mg

- **Carb exchanges** ½
- **GI estimate** low
- **Lower carb**

NUTRITION INFO
PER SERVE 658kJ, **protein** 6g, **total fat** 9g (sat. fat 1g), **carbs** 11g, **fibre** 5g, **sodium** 84mg • **Carb exchanges** ½ • **GI estimate** medium • **Lower carb**

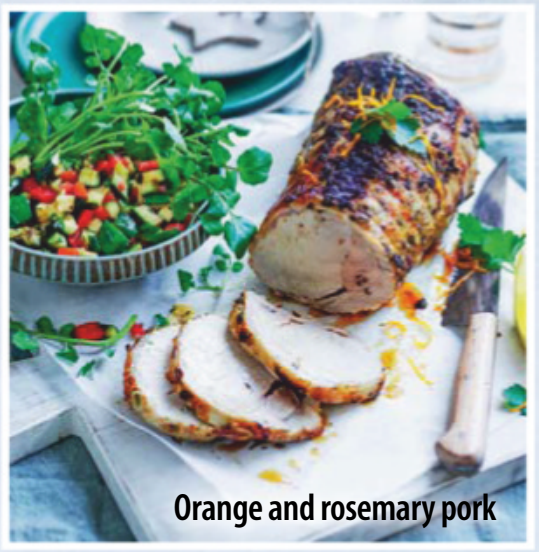
LC

CHRISTMAS-STYLE PUDDING

A festive feast wouldn't be the same without this classic indulgence. And it's lower-carb!

see recipe, page 67 >>

Ricotta, spinach, basil and lemon dip


Orange and rosemary pork

Entree

RICOTTA, SPINACH, BASIL AND LEMON DIP

PREP TIME: 15 MINS
SERVES 8 (AS A STARTER)

200g baby spinach leaves
50g walnuts
1 clove garlic
Finely grated zest and juice of ½ lemon
½ bunch basil, leaves picked, plus extra small leaves, to serve
100g smooth ricotta
30g reduced-fat feta
70g (⅓ cup) low-fat Greek-style natural yoghurt
Freshly ground black pepper
1 large carrot, cut into sticks
1 large cucumber, cut into sticks
100g snow peas, topped and tailed
1 large red capsicum, cut into strips
1 large green capsicum, cut into strips
Sprigs of watercress, to serve

1 **Put spinach leaves** in a large heatproof bowl. Pour over boiling water. Drain and pour spinach into a colander. Set aside to cool for 5 minutes. Use your hands to squeeze out any excess moisture.
2 **Put spinach,** walnuts, garlic, lemon zest and basil in the bowl of a small food processor. Cover and process until finely chopped. Add lemon juice, ricotta, feta and yoghurt. Process until well combined. Season with pepper.
3 **Transfer dip** to a serving bowl. Cover and put in fridge until ready to serve. Top dip with extra basil leaves. Serve with vegie sticks and strips, snow peas and watercress.

Main

ORANGE AND ROSEMARY PORK

PREP TIME: 20 MINS
(+ 15 MINS RESTING OF PORK AND OVERNIGHT MARINATING)
COOK TIME: 1 HOUR
SERVES 8 (AS PART OF A MAIN)

Zest and juice of 1 orange, plus extra zest to serve
1 Tbsp extra virgin olive oil
3 cloves garlic, crushed
2 Tbsp chopped sage
1 Tbsp chopped rosemary
1 Tbsp chopped oregano
Freshly ground black pepper
1.7kg pork loin, skin removed and discarded, excess fat removed (1.3kg trimmed weight)
Sprigs of watercress, to serve
Lemon wedges, to serve (optional)

Salsa

1 large red capsicum, halved, seeds removed, flattened
2 zucchinis, thinly sliced lengthways
1 Tbsp finely chopped flat-leaf parsley plus extra leaves, to serve
Juice of ½ lemon
1 tsp extra virgin olive oil
Freshly ground black pepper

1 **Put orange zest and juice,** oil, garlic, sage, rosemary and oregano in a small food processor. Cover and process until herbs are finely chopped and mixture is well combined. Season with pepper. Transfer to a shallow dish. Add pork and turn to coat in marinade. Cover and put in fridge overnight, turning pork twice in marinade.
2 **To make salsa,** preheat a barbecue plate or chargrill plate on medium-high. Spray capsicum and zucchinis with cooking spray. Add capsicum to plate and cook for 6-7 minutes, turning occasionally, until skin is charred and capsicum is soft. Transfer to a large piece of foil. Wrap and set aside to cool (allowing skin to soften and peel off easily). Add zucchinis to grill and cook for 3-4 minutes, turning once, or until just tender. Set aside to cool. Peel skin off capsicum. Finely chop capsicum and zucchini. Place capsicum, zucchini, chopped parsley, lemon juice, oil and pepper in an airtight container. Toss to combine. Cover and keep in fridge until ready to serve or overnight.
3 **Meanwhile,** preheat oven to 210°C (fan-forced). Line a roasting pan with baking paper. Place pork in lined pan, reserving marinade for brushing meat during cooking. Roast for 10 minutes. Reduce oven temperature to 170°C (fan-forced). Baste pork with a little more reserved marinade. Roast for a further 50 minutes, brushing once with marinade. Transfer pork to a tray, cover loosely with foil and then set aside for 15 minutes to rest.
4 **Carve pork and serve** with salsa, extra zest, parsley, watercress and lemon wedges, if desired. ➤

Apple, celery, walnut and rocket salad

Cauliflower gratin with parmesan crumb

Sides

APPLE, CELERY, WALNUT AND ROCKET SALAD

PREP TIME: 15 MINS
SERVES 8 (AS A SIDE)

120g rocket leaves
1 large Granny Smith apple, quartered, cored, thinly sliced
3 sticks celery, thinly sliced diagonally
60g walnut pieces, roughly chopped
100g cherries, pitted, quartered

Dressing

2 Tbsp fresh lemon juice
1 Tbsp extra virgin olive oil
2 tsp wholegrain mustard or gluten-free wholegrain mustard
Pinch sugar
Freshly ground black pepper

1 **Toss rocket leaves,** apple and celery in a large serving bowl. Sprinkle over walnut pieces and cherries.
2 **To make salad dressing,** combine all ingredients in a small jar and put the lid on. Shake well to combine.
3 **To serve,** drizzle dressing over salad.

CAULIFLOWER GRATIN WITH PARMESAN CRUMB

PREP TIME: 20 MINS
COOK TIME: 50 MINS
SERVES 8 (AS A SIDE)

1 whole small cauliflower
30g prosciutto, finely chopped
30g sourdough bread, processed into crumbs
2 Tbsp finely grated parmesan
6 green shallots, diagonally sliced
Freshly ground black pepper
Chopped flat-leaf parsley, to serve

Cheese sauce

30g light margarine
2 Tbsp wholemeal plain flour
325ml (1¼ cups) light milk
40g (⅓ cup) grated reduced-fat cheese

1 **Trim base of cauliflower** and outer leaves (keeping whole cauliflower intact). Place in a shallow microwave-safe dish. Add about 125ml (½ cup) water. Cover and cook on high/100% for 6-7 minutes or until cauliflower is just cooked (but still a little firm). Set aside to cool.
2 **Preheat oven** to 170°C (fan-forced). Cook prosciutto in a small non-stick frying pan, stirring often, for 2-3 minutes or until slightly crisp. Set aside. Combine sourdough breadcrumbs and parmesan in a small bowl. Hold cauliflower on its side and slice it. Alternatively, you can remove florets and thickly slice each one.
3 **Place a third** of cauliflower slices over base of an ovenproof dish. Sprinkle with a third of the shallots and prosciutto. Sprinkle with pepper. Repeat layering of remaining ingredients in another two layers.
4 **To make cheese sauce,** melt margarine in a small saucepan over medium heat. Add flour and cook, stirring, for 1 minute. Remove pan from heat and gradually whisk in milk. Return pan to medium heat and cook, whisking, until sauce thickens and comes to a simmer. Simmer for 1 minute. Remove pan from heat and stir in grated cheese.
5 **Pour warm cheese sauce** over cauliflower in ovenproof dish. Sprinkle over parmesan breadcrumbs. Bake in preheated oven for 25-30 minutes or until top is light golden brown. Sprinkle with chopped parsley and pepper to serve.

Enjoy great food with family and friends, and there's even leftovers!

Christmas-style pudding

Dessert

CHRISTMAS-STYLE PUDDING

PREP TIME: 20 MINS (+ 30 MINS MARINATING AND 10 MINS RESTING)
COOK TIME: 1 HOUR 30 MINS
SERVES 8 (AS A DESSERT; WITH LEFTOVERS FOR 2)

100g wholemeal plain flour
100g almond meal
¼ cup granulated sugar substitute
2 Tbsp cocoa powder
2 tsp mixed spice
2 tsp ground cinnamon
1 tsp baking powder
200g carrots, finely grated
200g frozen berries, defrosted in a bowl, mashed
Finely grated zest and juice of 1 orange
2 Tbsp brandy
40g light margarine, melted
1 x 60g egg
2 egg whites (from 60g eggs)
80g mixed berries, to serve
Icing sugar, for dusting (optional)

1 **Combine flour,** almond meal, sugar substitute, cocoa powder, spice, cinnamon and baking powder in a bowl. Cover with a clean tea towel and set aside.
2 **Combine carrots, berries**, zest, juice and brandy in a large bowl. Set aside for 30 minutes to allow carrots to soften slightly.
3 **Place a 2L** (8-cup) non-stick metal pudding basin with a lid in a large saucepan and pour enough boiling water into the pan to come two-thirds of the way up the side. Remove basin. Cover pan and bring to boil over high heat.
4 **Meanwhile,** add dry ingredients to carrot mixture with margarine, egg and egg whites. Mix until well combined. Spray inside pudding basin with cooking spray. Line base with a round of baking paper. Spoon pudding mix into basin and smooth out with back of a spoon. Place and lock on lid.
5 **Place an upturned saucer** into saucepan and sit basin on top of saucer. Cover and reduce heat to medium. Simmer, covered, for between 1 hour 20 minutes and 1 hour 30 minutes, or until pudding is cooked through. To check, remove pudding after 1 hour 20 minutes, carefully remove basin lid and place a fine skewer into middle of pudding. It is ready when the skewer comes out clean. If it isn't ready, simply put lid back on the basin and return to saucepan to continue with cooking.
6 **To serve,** remove pudding from pan and set aside for 10 minutes. Turn pudding out onto a serving plate. Serve with berries. Dust with icing sugar, if you like. ■

TOTAL MENU ANALYSIS

PER SERVE 3100kJ, **protein** 63g, **total fat** 34g (sat. fat 7g), **carbs** 35g, **fibre** 19g, **sodium** 540mg • **Carb exchanges** 2½ • **GI estimate** low

NOTE: Each recipe in this menu on their own is classified as Lower Carb; when served together contains a total of 35g carbohydrate. Please consider your own carbohydrate requirements and adjust accordingly to best manage your BGLs.

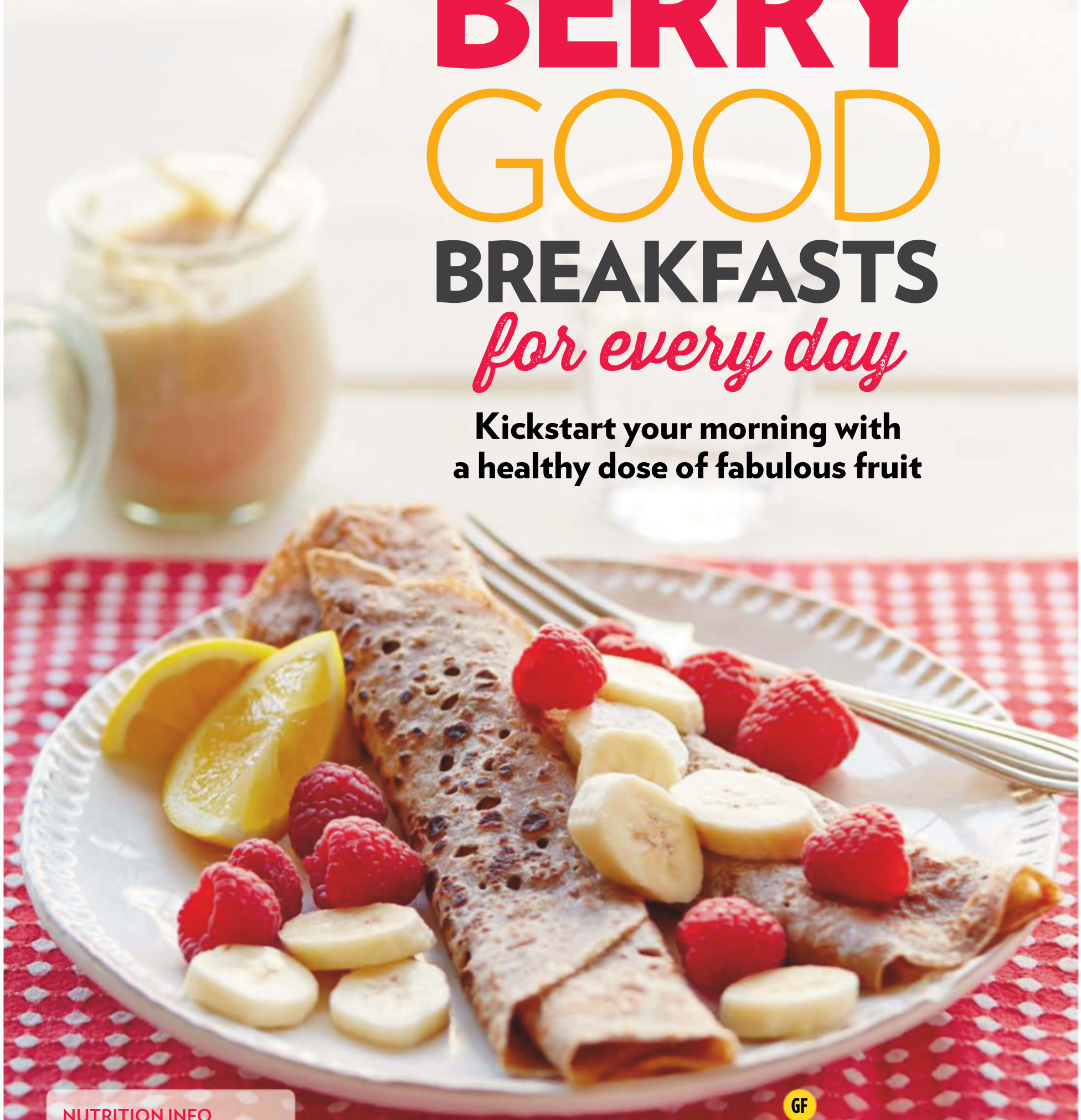
Top Tip

To reheat pudding, keep in the pudding basin. Allow to cool then store in the fridge. Once ready to eat, return to a pan of boiling water and cook for 1 hour to warm through. Alternatively, you can remove the pudding from the basin when first cooked. Allow to cool. Cover and then keep in the fridge until ready to serve. Cut portions and put on microwave-safe plates. Cook on medium/50% for 1½ minutes or until warmed through.

RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNLEY, GETTY IMAGES **STYLING** VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

BERRY GOOD BREAKFASTS *for every day*

Kickstart your morning with a healthy dose of fabulous fruit



NUTRITION INFO
PER SERVE 1920kJ, **protein** 13g, **total fat** 15g (sat. fat 4g), **carbs** 63g, **fibre** 8g, **sodium** 167mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten free**

GF

CINNAMON CREPES WITH ALMONDS AND BERRIES

Sweet and satisfying, with the goodness of berries and nuts plus a hit of cinnamon spice.

see recipe, page 70 >>

Start your day on a roll

BERRY OMELETTE

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 1 (AS A BREAKFAST)

60g egg
1 Tbsp skim milk
Pinch ground cinnamon
½ tsp olive oil
100g reduced-fat cottage cheese
250g chopped strawberries, blueberries and raspberries

1 **Whisk egg, milk** and cinnamon in a small bowl.
2 **Heat oil** in a medium non-stick frying pan over medium heat. Pour in egg mixture, swirling to evenly cover the base. Cook for 2-3 minutes, or until set and golden underneath.
3 **Slide omelette onto** a serving plate. Spread over cottage cheese, then scatter with berries. Roll up and serve. ➤

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 1100kJ, **protein** 23g, **total fat** 10g (sat. fat 3g), **carbs** 15g, **fibre** 7g, **sodium** 301mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GF LC

BREAKFAST SMOOTHIE

PREP TIME: 5 MINS
SERVES 1 (AS A BREAKFAST)

1 small ripe banana, sliced
1½ Tbsp protein powder or gluten-free protein powder
140g blackberries, blueberries, raspberries or strawberries (or use a mix), plus extra to serve
125ml (½ cup) unsweetened apple juice
1 tsp honey, to serve

1 Put banana, protein powder, berries and apple juice in a small blender or food processor. Process until well combined, adding a little water if needed to reach your preferred consistency.
2 Pour into a serving glass. Drizzle with honey and top with a few extra berries, to serve.

NUTRITION INFO GFO
PER SERVE 1020kJ, **protein** 10g, **total fat** 1g (sat. fat 0g), **carbs** 44g, **fibre** 11g, **sodium** 49mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

Health Tip
This is a great on-the-go smoothie – fresh berries are packed full of vitamins and antioxidants.

Cinnamon crepes with almonds and berries

CINNAMON CREPES WITH ALMONDS AND BERRIES

PREP TIME: 5 MINS
COOK TIME: 10 MINS
SERVES 2 (2 CREPES PER SERVE; AS A BREAKFAST)

75g gluten-free flour
1 tsp ground cinnamon
60g egg
250ml (1 cup) light milk
2 Tbsp almond spread
1 banana, sliced
125g raspberries
Lemon wedges, to serve

1 Combine flour and cinnamon in a large bowl. Add egg and light milk and whisk well to combine (until you have a smooth consistency).
2 Spray a small non-stick frying or crepe pan with cooking spray. Heat over medium heat. Once pan is hot, pour a small amount of batter into centre of pan and swirl it to sides of pan in a thin layer. Cook for 2 minutes. When crepe has turned brown underneath, turn over and cook for 1 minute. Transfer crepe to a warm plate and cover with foil to keep warm. Repeat with remaining batter.
3 Divide warm crepes between 2 plates and serve with almond spread, banana, raspberries and lemon wedges.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

HOTCAKES WITH MIXED BERRY COMPOTE AND RICOTTA CREAM

PREP TIME: 15 MINS
COOK TIME: 20 MINS
SERVES 4 (3 HOTCAKES PER SERVE; AS AN OCCASIONAL BREAKFAST)

Hotcakes

80g (½ cup) wholemeal self-raising flour
75g (½ cup) self-raising flour
2 Tbsp psyllium husk
1 tsp baking powder
1 small ripe banana, mashed
2 x 60g eggs, lightly whisked
1 tsp vanilla extract
375ml (1½ cups) buttermilk
2 Tbsp smooth light ricotta

Mixed berry compote

2 cups frozen mixed berries
Juice of 1 orange
60ml (¼ cup) water
1 stick cinnamon, broken

Ricotta cream

150g light smooth ricotta
Zest of ½ a small orange
1 Tbsp caster sugar or granulated sugar substitute

1 To make mixed berry compote, put frozen berries, orange juice, water and cinnamon in a small saucepan. Cook, stirring, over medium heat until berries defrost. Simmer for 5-10 minutes or until berries break down and mixture thickens. Transfer to a bowl and set aside to cool. This will keep in the fridge for up to 2 days.

2 To make hotcakes, combine flours, psyllium husk and baking powder in a large bowl. Add banana, eggs, vanilla extract, buttermilk and ricotta. Whisk to just combine.

3 Spray a large non-stick frying pan with cooking spray and heat over medium heat. Add in ¼ cupfuls of mixture (2-3 at a time) to pan. Cook for 2 minutes or until bubbles appear on surface. Carefully turn hotcakes over and cook for a further 1 minute or until cooked through. Transfer to a large plate and repeat process with remaining batter, spraying pan in between batches, making 12 hotcakes in total.

4 Meanwhile, to make ricotta cream, combine all ingredients in a small bowl.

5 To serve, top hotcakes with ricotta cream and mixed berry compote.

COOK'S TIP

To make your own buttermilk, mix 3 tsp fresh lemon juice per 250ml (1 cup) full cream milk. ■

NUTRITION INFO

PER SERVE 1410kJ, **protein** 16g, **total fat** 7g (sat. fat 3g), **carbs** 48g, **fibre** 6g, **sodium** 580mg • **Carb exchanges** 3 • **GI estimate** medium

PER SERVE (with sugar substitute) 1350kJ, **protein** 16g, **total fat** 7g (sat. fat 3g), **carbs** 44g, **fibre** 6g, **sodium** 581mg • **Carb exchanges** 3 • **GI estimate** medium

Winner, *winner*

It's easy to eat four of your five vegies a day with this super-

SPICED YOGHURT CHICKEN TRAY BAKE

PREP TIME: 20 MINS
COOK TIME: 1 HOUR
SERVES 2 (AS A MAIN)

2 beetroot, peeled, chopped
300g celeriac, peeled, chopped
2 red onions, cut into wedges
8 cloves garlic, 4 crushed, the rest left whole, but peeled
1 Tbsp olive oil
1 tsp fennel seeds
1½ Tbsp thyme leaves, plus extra to serve
Zest and juice of 1 lemon
1 tsp Keen's mustard powder
1 tsp smoked paprika
2 Tbsp Jalna Low Fat Greek Natural Yoghourt
4 (150g each) bone-in chicken thighs, skin removed
260g baby spinach leaves

1 Preheat oven to 180°C (fan-forced). Line a large baking pan with baking paper. Add beetroot, celeriac, onions and whole cloves garlic to pan. Add olive oil, fennel seeds, 1 Tbsp thyme, half the lemon zest, and a squeeze of lemon juice. Toss to combine. Roast for 20 minutes.

2 Meanwhile, combine mustard powder, paprika and 2 Tbsp yoghurt in a bowl. Add half the crushed garlic, the remaining lemon zest and thyme, and juice from half the lemon. Add chicken and toss until well coated.

3 Add chicken to baking pan with vegetables and roast for 40 minutes or until chicken is cooked through and vegetables are tender.

4 About 5 minutes before chicken is ready, wash and drain spinach leaves. Place in a large non-stick frying pan with remaining crushed garlic. Cook, tossing, over medium heat until spinach just wilts. Scatter extra thyme leaves over chicken and vegetables. Serve. ■

Health Tip

This is served with a speedy spinach dish that adds to your 5-a-day and contributes to the iron content, which helps to transport oxygen throughout the body and maintain a healthy immune system.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

chicken dinner

simple, yoghurt-marinated chicken tray bake

4 of 5 A DAY

How our food works for you
see page 90

NUTRITION INFO GF LC

PER SERVE 2220kJ, **protein** 48g, **total fat** 22g (sat. fat 5g), **carbs** 21g, **fibre** 21g, **sodium** 246mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

BOOST *your* ENERGY

Fuel up with the right foods to banish the brekkie blahs or lunchtime lethargy

GF LC

BREAKFAST

GREEN EGGS

Take inspiration from Dr Seuss and start your day in a spicy green way.

see recipe, page 77 >>

Supplying vitamin C and iron, this breakfast will super-charge your morning. It provides energy from protein and fat, which helps keep you satisfied so you're less likely to hit the biscuit tin later.

NUTRITION INFO

PER SERVE 1290kJ, **protein** 16g, **total fat** 20g (sat. fat 4g), **carbs** 11g, **fibre** 10g, **sodium** 166mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

LC

LUNCH

SALMON, SESAME & ASPARAGUS OPEN SANDWICH

This sensational sanga will power you up for a productive afternoon.

see recipe, page 77 >>

We've balanced wholegrain low GI carbs from the rye bread with protein from the salmon to help avoid that post-lunch slump. Asparagus is a useful source of B vitamins, as it helps us access the energy in our food.

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 1420kJ, **protein** 30g, **total fat** 13g (sat. fat 3g), **carbs** 23g, **fibre** 7g, **sodium** 426mg

- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

GF

DINNER

STEAK & VIETNAMESE NOODLE SALAD

Asian flavours help turn a humble salad into so much more.

see recipe, opposite >>

NUTRITION INFO

PER SERVE 1890kJ, **protein** 37g, **total fat** 11g (sat. fat 4g), **carbs** 46g, **fibre** 9g, **sodium** 410mg

- **Carb exchanges** 3
- **GI estimate** low
- **Gluten free**

In between meals

Complete your day by adding in these between-meal snacks:

- 1 large **apple**
- 175g tub **low fat flavoured yoghurt**
- 4 **Vita-Weats** with 2 slices (40g) **reduced-fat cheddar**
- 150g **strawberries**

PER DAY 6860kJ, **protein** 107g, **total fat** 59g (sat. fat 19g), **carbs** 149g, **fibre** 37g, **sodium** 1470mg

- **Carb exchanges** 10
- **GI estimate** low

How you eat in the evening can impact your sleep and energy levels the next day. This dinner supplies vitamins, minerals and fibre, as well as energy from low-GI carbs, to help manage your BGLs through the night.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Green eggs

Salmon, sesame & asparagus open sandwich

Steak & Vietnamese noodle salad

GREEN EGGS

PREP TIME: 5 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A BREAKFAST)

1½ Tbsp olive oil
2 leeks, trimmed, washed, sliced
2 cloves garlic, sliced
½ tsp coriander seeds
½ tsp fennel seeds
Pinch chilli flakes, plus extra, to serve (optional)
200g baby spinach leaves
2 x 60g eggs
2 Tbsp reduced-fat Greek-style natural yoghurt
Freshly ground black pepper
Squeeze of fresh lemon juice

1 **Heat 3 tsp oil** in a large non-stick frying pan over medium heat. Add leeks and cook, stirring occasionally, for 7-8 minutes, or until leek softens. Add garlic, coriander, fennel and chilli flakes. Cook, stirring, until seeds begin to crackle. Add spinach and reduce heat to medium-low. Cook, tossing often, until spinach just wilts. Push spinach mixture to one side of pan. Add remaining oil to pan and crack in eggs. Cook for 2-3 minutes or until cooked to your liking.
2 **Stir yoghurt** through spinach mix. Season with pepper. Divide spinach mix between two plates and top with eggs. Squeeze over a little juice, season and sprinkle with extra chilli, if desired. Serve.

SALMON, SESAME & ASPARAGUS OPEN SANDWICH

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 2 (AS A LIGHT MEAL)

1 bunch asparagus, woody ends trimmed
1 tsp sesame oil
2 x 95g cans salmon in springwater, drained
2 Tbsp reduced-fat Greek-style natural yoghurt
1 tsp white miso
2 slices rye bread
1 Tbsp toasted sesame seeds

1 **Preheat grill** on high. Toss trimmed asparagus in sesame oil on a baking tray. Place under grill and cook for 5 minutes or until asparagus is tender.
2 **Meanwhile,** combine salmon, natural yoghurt and miso in a bowl. Toast rye bread.
3 **Divide miso salmon** between slices of toast. Top with grilled asparagus, then sprinkle over sesame seeds to serve.

STEAK & VIETNAMESE NOODLE SALAD

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

100g dried rice thin noodles
2 carrots, peeled into ribbons using a vegetable peeler
160g (2 cups) shredded Chinese cabbage
4 green shallots, sliced
1 tsp olive oil
250g beef fillet steak, trimmed of fat
Freshly ground black pepper
½ bunch coriander, leaves picked

Dressing

1 small red chilli, deseeded, thinly sliced
Juice of 1 lime
2 tsp brown sugar
1 tsp rice wine vinegar
1 clove garlic, finely chopped
1 tsp fish sauce
1 Tbsp water

1 **To make dressing,** whisk all ingredients in a small bowl.
2 **Cook rice noodles** following pack instructions, then plunge into a bowl of cold water to cool completely. Drain noodles and transfer to a bowl. Add carrots, cabbage, green shallots and dressing. Toss to combine.
3 **Heat oil** in a medium non-stick frying pan over medium-high heat. Season steak with pepper. Add to pan. Cook for 2 minutes each side for medium-rare, or until cooked to your liking. Transfer to a plate and set aside to rest for 5 minutes.
4 **Divide salad** between serving plates. Diagonally slice steak across grain and place on top of salad. Top with coriander leaves and serve. ■

Dessert is SERVED

Bright, light and decadent to bite, these scene stealers will satisfy any sweet tooth

BERRY FRO-YO
Creamy yoghurt, colourful berries and crunchy granola make for an epic conclusion to any meal.
see recipe, page 80 >>

How our food works for you
see page 90

NUTRITION INFO
PER SERVE 538kJ, **protein** 3g, **total fat** 3g (sat. fat 1g), **carbs** 22g, **fibre** 3g, **sodium** 18mg
- **Carb exchanges** 1½
- **GI estimate** low

GF

EASY KIWI SORBET

With a tart edge, this sorbet is easy to make, and even easier to eat!

see recipe, page 80 >>

NUTRITION INFO

PER SERVE 307kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 16g, **fibre** 1g, **sodium** 3mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free**

BERRY FRO-YO

PREP TIME: 5 MINS
(+ OVERNIGHT FREEZING)
SERVES 6 (AS A DESSERT)

4 ripe bananas, chopped
80g (½ cup) frozen berries
130g (½ cup) coconut yoghurt
60g (½ cup) granola, to serve

1 **Put bananas** in a freezer bag. Expel any air. Place in freezer overnight to freeze.
2 **Place frozen bananas,** berries and 3 Tbsp coconut yoghurt in a small food processor. Cover and blend until smooth, scraping down the side of the bowl when needed. It may take a few minutes before it comes together and blends smoothly.
3 **Scoop into bowls** or glasses and top with remaining coconut yoghurt and granola.

Berry fro-yo

Easy kiwi sorbet

EASY KIWI SORBET

PREP TIME: 15 MINS (+ 1 HOUR STANDING AND FREEZING)
SERVES 8 (AS A DESSERT)

500g very ripe kiwifruit
50g caster sugar
Juice of 1 lime
200ml unsweetened pineapple juice
200ml water

1 **Peel and chop** kiwifruit into small pieces and mix with caster sugar and lime juice in a medium bowl. Set aside for 1 hour to melt sugar.
2 **Tip mixture into** a blender with the pineapple juice and water. Process in short bursts until everything is just combined; don't overdo it or you will break the seeds and muddy the flavour. Pour mixture into an ice-cream machine and churn until it is almost frozen, then scrape it into a freezer-proof container. Cover and freeze sorbet until ready to serve.

COOK'S TIPS

- **Keep sorbet in the freezer for up to 3 months.**
- **If you don't have an ice-cream maker, pour mixture into a shallow container. Cover with foil and place in freezer for 4 hours or until almost set. Use a large metal spoon to break up sorbet. Quickly transfer to a food processor and process until smooth. Return to container. Place back in freezer for 4 hours or until frozen. Serve.**

Cook's Tip

If you are serving less than 6 people, simply transfer the extra frozen berry mixture to a small freezer-proof container. Cover and freeze for up to 2 months, removing from the freezer a few minutes before serving to soften slightly.

Luscious fresh fruit is the ideal base for seasonal desserts

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

NUTRITION INFO

PER SERVE (with sugar) GFO 641kJ, **protein** 7g, **total fat** 3g (sat. fat 1g), **carbs** 20g, **fibre** 2g, **sodium** 60mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Gluten-free option**

PER SERVE (with sugar substitute) GFO LC 496kJ, **protein** 7g, **total fat** 3g (sat. fat 1g), **carbs** 11g, **fibre** 2g, **sodium** 62mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

PANNA COTTA WITH APRICOTS

PREP TIME: 20 MINS
(+ 4 HOURS SETTING)
COOK TIME: 20 MINS
SERVES 4 (AS A DESSERT)

3 Tbsp water
3 tsp powdered gelatine
435ml (1¾ cups) soy milk or gluten-free soy milk
Finely grated zest 1 lemon
1 vanilla bean, split in half lengthways
1 Tbsp caster sugar or granulated sugar substitute
1 Tbsp rum or brandy

Apricot compote

150ml water
1½ Tbsp caster sugar or granulated sugar substitute
280g ripe apricots, halved, stones removed

1 **Place the water** in a small bowl. Sprinkle over gelatine. Stir well. Set aside for 5 minutes.
2 **Put milk,** lemon zest, vanilla bean, sugar and rum into a small saucepan. Heat over medium heat until mixture just comes to the boil. Remove saucepan from heat and stir in gelatine until dissolved. Set aside for 10 minutes to cool slightly.
3 **Strain milk mixture** into a jug. Divide evenly between 4 x 125ml (½ cup) ramekins. Cover and put in fridge for 3-4 hours, or until set.
4 **Meanwhile,** to make apricot compote, put the water and sugar in a medium saucepan. Cook, stirring, over medium heat until sugar dissolves. Add apricots and bring to a simmer. Reduce heat to medium-low and simmer for 12-15 minutes or until apricots are very tender. Set aside to cool.
5 **Turn panna cotta** out onto serving plates (dipping bases into a sink of warm water if needed to help loosen them). Serve with apricot compote. ■

DIPS

They're a staple of summer platters, but make sure you pick your dips wisely

With the festive season fast approaching and the social calendar beginning to fill, it can be useful to have a few convenient and healthier party platter options to serve. A dip platter filled with colourful vegie sticks and wholegrain crackers is often the perfect party starter. However, do take care when choosing your ready-made dips, as many can be loaded with kilojoules, fat and sodium.

Try to avoid dips based on cream or cheese, which tend to be high in fat, especially saturated fat. Instead, opt for yoghurt-based dips for a hit of calcium, or dips based on vegetables or legumes, which tend to be higher in fibre and nutrients.

And, as always, take a look at the nutrition information panel and aim to choose dips that are:

- **Less than 20g total fat per 100g;**
- **No more than 3g saturated fat per 100g; and**
- **Less than 400mg sodium per 100g.** ➤

PILPEL

- **Beetroot almond**

Available in selected independents, $5.

OBELA

- **Sweet beetroot hommus**

Available in Woolworths, Coles and independents, $4.50.

MISSION

- **Chunky Salsa – mild or medium**

Available in Woolworths, $4.50.

MONJAY MEZZA

- **Hummos**
- **Hummos with roasted capsicum and jalapeños**
- **Eggplant**

Available in independents, $3.49.

WILLOW FARM

- **Tzatziki**

Available in Woolworths, $2.

CHRIS'S

- **Egyptian Beetroot**
- **Hommus**
- **Tzatziki**

Available in Woolworths and independents, $3.50.

DARI'S TABLE

- **Beetroot hummus**

Available in selected Woolworths and selected independents, $5.

YUMI'S

Original range

- **Sweet potato & roasted cashews**
- **Matbuka tomato salsa**

Pulse Range

- **Black beans with chilli & cilantro**
- **Black beans & beetroot**

Available in Coles, Woolworths and independents, $4.

ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

Dippers

Here are a list of homemade and store-bought dippers that will go perfectly with those dips!

HOMEMADE CHIPS

Cut any of the wraps listed below into triangles. Bake in an oven preheated to 180°C (fan-forced) for 8-10 minutes or until crisp.

For something a little different, spray triangles with a little **olive oil** cooking spray. Sprinkle with a little **smoked paprika** and **oregano leaves** or a combination of **sesame seeds** and some **chilli flakes** or a pinch of **dried chilli**. You can play around with spice combinations. Just be mindful of the flavoured dip you'll be serving chips with.

WRAPS

- **Mission Low Carb Wraps**
- **Woolworths Wholegrain Wraps**
- **Freedom Foods Barley+ Whole Grain Barley Wraps**
- **Simson's Pantry Activated Charcoal Wraps**
- **Helga's Lower Carb Wholemeal Wraps**

BREAD TOASTS

Thinly slice a **wholemeal sourdough baguette** or cut slices of **wholemeal sourdough bread** into small pieces. Spray with **olive oil** cooking spray and bake in an oven preheated to 180°C (fan-forced) for 8-10 minutes or until golden. Rub with a little **garlic** while still warm, if desired.

CRACKERS

- **Woolworths Multigrain Brown Rice Crackers**
- **Sakata Wholegrain Crackers**
- **Peckish Brown Rice Crackers, No Added Salt or Lightly Salted**
- **Fantastic Foods Goodies Rice Crackers – Quiona, Buckwheat, Millet and Amaranth variety** ■

Vegie sticks

Cut up or prepare a selection of vegies such as carrots, cucumbers, celery, capsicum, snow peas, sugar snap peas and cherry tomatoes. You can really use any vegies that you like and that are in season. Some vegies can be quickly blanched in boiling water if you prefer.

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
PHOTOGRAPHY GETTY IMAGES

Fried chicken

gets a healthy, finger-licking makeover

HEALTHY 'FRIED' CHICKEN WITH CHIPS AND SLAW

PREP TIME: 10 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A MAIN)

75g (½ cup) dried breadcrumbs
2 tsp smoked paprika
½ tsp ground turmeric
½ tsp garlic powder
1 tsp dried oregano
2 Tbsp wholemeal plain flour
Freshly ground black pepper
60g egg
4 large (700g) skinless chicken thigh fillets, halved, trimmed of all fat
400g Spud Lite potatoes, peeled, cut into thin chips
2 Tbsp Sriracha (hot chilli sauce), to serve

Slaw

1 small red onion, very thinly sliced
¼ red cabbage, shredded
2 carrots, shredded or coarsely grated
2 Tbsp 97% fat-free mayonnaise
1 Tbsp white wine vinegar
Freshly ground black pepper

1 Preheat oven to 180°C (fan-forced). Line two baking trays with baking paper. Place a wire rack over one of the lined trays. Combine the breadcrumbs, paprika, turmeric, garlic powder and oregano in a shallow bowl. Put the flour in a shallow bowl and season with pepper. Whisk the egg in a seperate shallow bowl.

2 Dust chicken in the flour. Then dip it into the egg, followed by spiced crumb. Place on wire rack. Place chips in a single layer on other lined tray. Spray with cooking spray. Bake for 35-40 minutes, turning chips once or twice, until chicken is crisp and cooked through and chips are golden and tender.

3 Meanwhile, to make the slaw, toss all of the ingredients in a bowl. Cover and put in fridge until ready to serve.

4 Serve the chicken with the slaw, fries and Sriracha. ■

How our food works for you see page 90

NUTRITION INFO
PER SERVE 1810kJ, **protein** 40g, **total fat** 12g (sat. fat 3g), **carbs** 35g, **fibre** 8g, **sodium** 575mg • **Carb exchanges** 2½ • **GI estimate** medium

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Tasty and terrific

From berries and brekkies to beans and beyond, look for ways to value-add to your diet, writes our food editor, *Alison Roberts*

SUPERMARKET CRUSH

Pasta is now full of beans

Slendier organic bean spaghettis and fettuccines are wheat alternatives. Save on the kilojoules and carbs of regular pasta, but keep all the flavour and more. Each of these options is a good source of protein and fibre too, meaning you'll feel fuller for longer after eating. Available in soy bean, black bean and edamame bean, from Coles, selected health food stores and slendier.com, for $5.20 per packet.

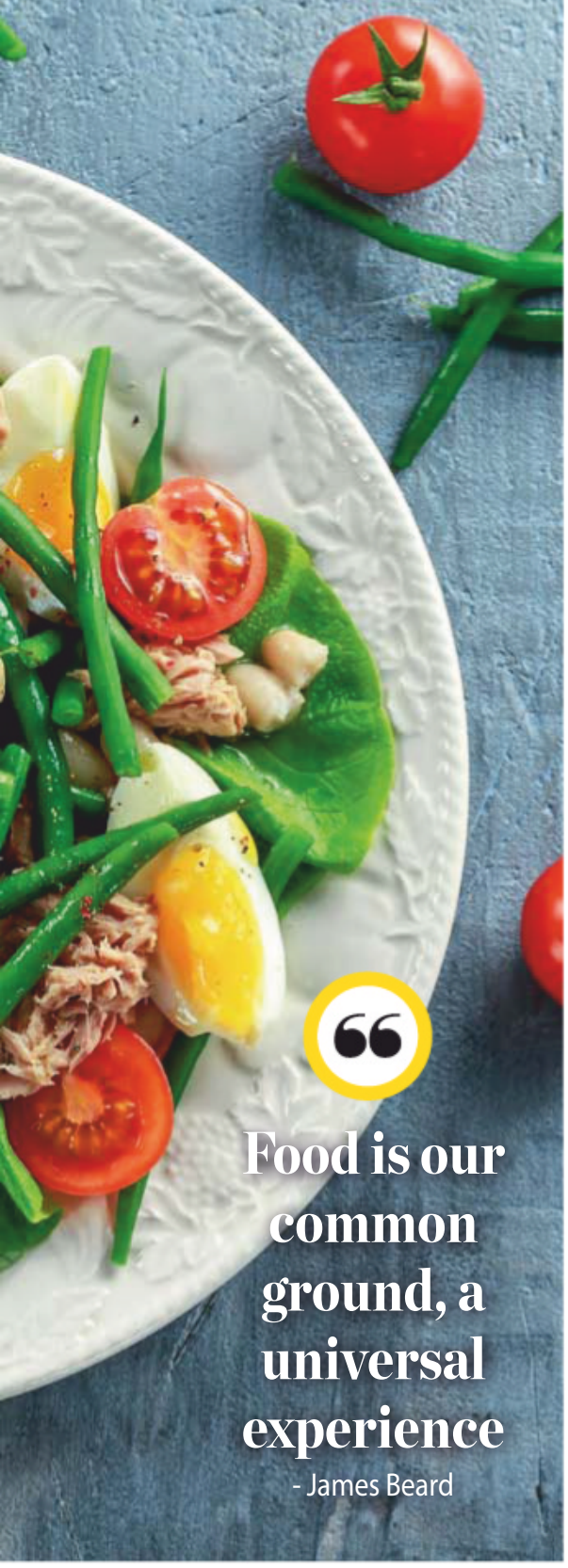
HEALTH TIP

Fish for info

Incorporating fish into your diet doesn't have to be expensive. The Australian Dietary Guidelines recommend at least two serves of fish per week, preferably oily varieties such as salmon, tuna, mackerel, sardines and herring. This doesn't always have to be fresh – canned fish is an inexpensive and convenient option to have on hand. Just remember to purchase canned fish in springwater or olive oil, and try to drain off any excess oil before adding it to your meal.

Canned fish can be tossed into your favourite garden salad for a quick and easy lunch or used in sandwiches/wraps or to make fish patties. Fresh fish can be baked, pan-fried, grilled, barbecued or steamed.

The options are endless, as are the nutritional benefits and flavour combinations. Try our Zesty salmon with roasted beets & spinach on page 49 or the Soy and salmon parcels on page 33.



60 SECOND

BREKKIE

Heat 1 x 140g can salt-reduced baked beans in the microwave on High/100% for 50 seconds. Serve with 1 halved egg tomato, 30g baby spinach leaves and 1 slice toasted wholegrain sourdough. Serves 1.

PER SERVE 1040kJ, **protein** 14g, **total fat** 2g (sat. fat 0g), **carbs** 34g, **fibre** 12g, **sodium** 493mg
- **Carb exchanges** 2½
- **GI estimate** low

LOWER CARB SNACK IDEAS

BERRY NUTTY YOGHURT

Top 85g (⅓ cup) **diet vanilla yoghurt** with ½ cup mixed **frozen berries** (defrost if you like) and 10g chopped **walnuts.** Serves 1.

PER SERVE 554kJ, GF LC **protein** 5g, **total fat** 7g (sat. fat 0g), **carbs** 9g, **fibre** 3g, **sodium** 46mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

EGG AND LETTUCE WRAPS

Mash 1 x 60g **boiled egg** and combine with 2 tsp **97% fat-free mayonnaise** or gluten-free mayonnaise and freshly ground **black pepper.** Fill 2 **butter lettuce leaves** with the egg mixture. Top with a little chopped **red capsicum**, **tomato** and **parsley**. Serves 1.

PER SERVE 521kJ, **protein** 9g, GFO LC **total fat** 6g (sat. fat 2g), **carbs** 7g, **fibre** 3g, **sodium** 169mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

STUFFED AVOCADO

Fill half a small **avocado** with 2 Tbsp low-fat **cottage cheese**. Drizzle with 1 tsp **sweet chilli sauce**, a few chopped **herbs** and a little grated **lemon zest**. Sprinkle with freshly ground **black pepper**. Serves 1.

PER SERVE 669kJ, LC **protein** 6g, **total fat** 12g (sat. fat 3g), **carbs** 6g, **fibre** 2g, **sodium** 172mg
- **Carb exchanges** ½
- **GI estimate** low
- **Lower carb** ■

BOOST YOUR GUT, MOOD

Are you feeding your healthy gut bacteria adequately to support a healthy immune system and boost your mood? Uplift Food Daily Uplifter provides prebiotic fibres and nutrients to support good health, but more specifically your mood. Try adding it to your breakfast cereal, smoothies or pancakes for an uplifting start to the day. Just remember to consider your overall carb intake requirements and adjust as necessary to help manage your blood glucose levels, as one 25g serve contains about 10g of carbohydrates. Available from upliftfood.com.au and selected health food stores, from $44.95. For more information on prebiotics see page 89.

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)
ADDITIONAL PHOTOGRAPHY GETTY IMAGES
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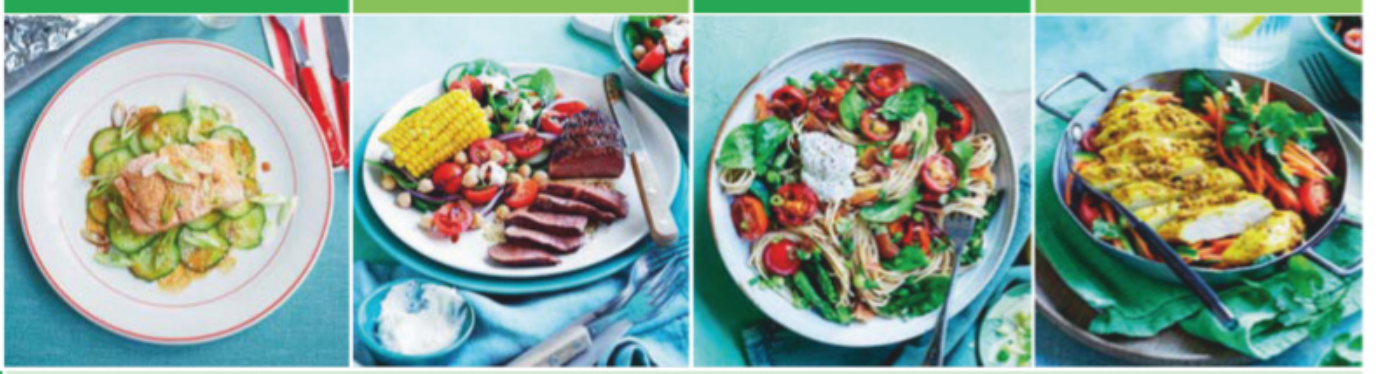
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



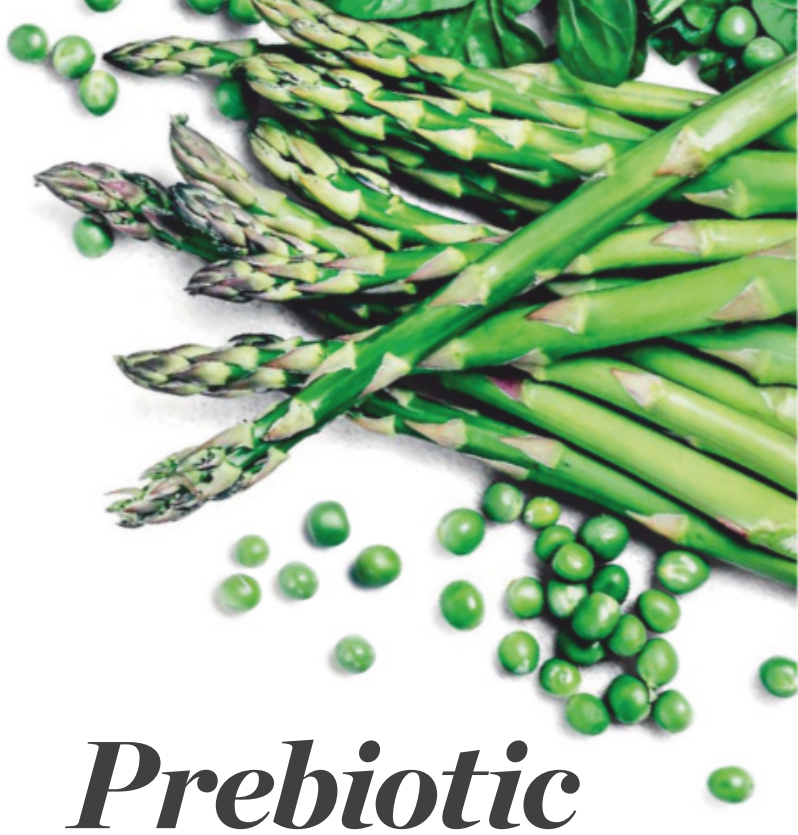
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses every day,			
Breakfast	Hotcakes with mixed berry compote and ricotta cream (page 71)	60-second brekkie (page 87)	Breakfast smoothie (page 70)	2 slices wholegrain toast topped with 1 sliced tomato & ⅓ small sliced avocado
Optional snack	30g mixed unsalted nuts	1½ cups fruit salad	1 slice wholegrain toast topped with 1-2 tsp 100% fruit spread	175g tub diet yoghurt
Lunch	Ham, fennel and apple burger (page 38)	Indian nachos (page 34)	Chicken satay noodle salad (page 47)	Roasted veg and feta quinoa salad (page 46)
Optional snack	175g tub diet yoghurt	2 wholegrain biscuits & 20g reduced-fat cheddar	1 piece fresh fruit	1½ cups fruit salad
Dinner	Soy and salmon parcels (page 33) ***Pictured above***	BBQ steak with chickpea & tomato salad (page 25) ***Pictured above***	Ricotta, asparagus and prosciutto pasta (page 25) ***Pictured above***	Indian-style chicken with pickled slaw (page 26) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Easy kiwi sorbet (page 80)	1 cup skim milk with 1 tsp Milo	4 canned apricot halves with ½ cup low-fat custard	Berry fro-yo (page 80)
Exercise	Aim for 20-60 minutes of moderate exercise each day			

WORDS SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES, ISTOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels		
Berry omelette (page 69)	Breakfast smoothie (page 70)	Green eggs (page 77)
30g unsalted mixed nuts	1 slice wholegrain toast topped with 3 Tbsp reduced-fat ricotta	175g tub diet yoghurt
Three bean spring minestrone (page 58)	Pumpkin, chickpea, feta & pickled radish salad (page 57)	Salmon, sesame & asparagus open sandwich (page 77)
1 cup vegie sticks with 2 Tbsp hummus	1 piece fresh fruit	1½ cups fruit salad
Broccoli, prawn and mushroom stir-fry (page 26) ***Pictured above***	Black bean and vegetable burrito bowl (page 24) ***Pictured above***	Steak & Vietnamese noodle salad (page 77) ***Pictured above***
have a couple of alcohol-free days a week		
2 kiwifruits & 100g diet yoghurt	1 Bulla Mini Frozen Yoghurt	Panna cotta with apricots (page 81)
Always discuss your exercise plans with your doctor first		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.



Prebiotic power

The importance of ensuring you have a good balance of healthy gut bacteria (probiotics) to promote a healthy immune and digestive system is well known and spoken about these days. However new research suggests that it is equally important to ensure you are feeding your healthy gut bacteria the right fuel to help you reap the full health benefits.

Prebiotics are a type of fibre and resistant starch that, when eaten, make their way to the large intestine undigested, where they then act as fuel to stimulate the growth or activity of our healthy gut bacteria.

Research suggests a diet high in prebiotics may not only help to promote a healthy immune and digestive system, but may also improve your mood, increase insulin sensitivity and improve blood glucose level management.

Aim to include a range of prebiotic containing foods each day, such as:

- **Cooked, cooled and reheated potato or pasta**
- **Asparagus, leek, onion, garlic, fennel, peas, snow peas, Jerusalem artichoke, chicory**
- **Green banana, nectarines**
- **Barley, oats, wheat bran**
- **Nuts**
- **Lentils, chickpeas, red kidney beans, baked beans** ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

CUT OUT & KEEP

PHOTOGRAAPHY IMMEDIATE MEDIA

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

A year from now, you will wish you had started today

– Karen Lamb, author

PHOTOGRAPHY GETTY IMAGES

5 *winning* WEIGHT LOSS HABITS

Start your weight-loss journey with *DL* dietitian and diabetes educator *Dr Kate Marsh's* tips

While food choices clearly play a key role in weight loss, they aren't the only thing that matters. Regardless of the type of eating plan you choose to follow, there are a number of other factors that can impact your ability to lose weight. Addressing these, alongside a healthy eating plan, will give you the best chance of achieving long-term weight-loss success.

So, what are these factors?

1 Perfect your portion sizes

Even if you follow a healthy eating plan, if you eat more than you need to, it will be difficult to manage your weight. Yet the increasing portion sizes of packaged foods, fast foods and restaurant meals, alongside bigger bowls, plates and glasses, makes it easy to eat more than we need.

Research has shown if we are served larger portions we will eat them without feeling any fuller or reducing our subsequent food intake. In fact, a 2016 review, combining the findings of 56 studies on the effect of smaller plates on food consumption, found halving our plate size leads to an average 30 per cent reduction in the amount we eat, particularly if we are serving ourselves. On the other hand, if we double our plate size, the amount we serve and eat increases by about 40 per cent.

Consistent with these findings, a study of 130 overweight people with type 2 found that compared with those who only received dietary education, those who were also given a commercially available portion control plate and bowl to use, lost significantly more weight after six months. And a study of 42 overweight Korean women with type 2 found that providing a small rice bowl led to a greater reduction in energy intake and weight compared with women given a larger bowl, although both groups were given the same guidelines for reducing their food intake.

Your action plan: Use smaller plates, bowls and cups. For packaged foods, choose smaller serving sizes. And, when eating out, choose entree-size meals or stop eating when you are satisfied, rather than feeling the need to clear your plate.

2 *Be a mindful eater*

Getting portion sizes right comes back to eating mindfully. This means being able to distinguish true physical hunger from the desire to eat, and learning to eat according to appetite rather than for other reasons such as habit or emotional eating. Studies show that eating while involved in other activities, such as watching TV or driving, can lead to overeating, without satisfying your appetite as well as when you are focused only on your meal. Putting all food (including snacks) on a plate or in a bowl, rather than eating out of packets or while on the run, is also important.

Your action plan: Consider your appetite before and during meals. Don't wait until you are starving to eat, or you are likely to eat too much, but you should be hungry when you sit down for a meal. It's time to stop when you feel satisfied, but not full. Take time to sit at the table and enjoy meals, preferably in the company of others. ➤

3 Move more

While the saying 'you can't outrun a bad diet' is true, exercise still plays an important role in weight management, alongside the right eating plan and the other habits outlined here. To lose weight you need to use up more energy than you take in each day, and it's much easier to do this by working on both sides of the equation, rather than using diet or exercise alone. What's more, exercise not only burns kilojoules, it also helps to build muscle, which in turn increases your metabolism. And it helps to improve sleep and manage stress. Research has further shown that regular exercise can help to keep weight off once you've lost it.

Your action: Aim to exercise for at least 30 minutes most days, incorporate more incidental activity where possible (such as taking the stairs rather than the lift or walking short distances rather than driving) and break up sitting time regularly throughout the day.

4 Optimise your sleep

Getting enough sleep is important for health (including blood glucose and insulin levels) and weight. Lack of sleep can impact hormones that affect appetite and weight, with studies showing increased hunger in those who don't get enough sleep. A recent review of research found the lowest risk of being overweight in those who slept 7-8 hours per night and almost a 10 per cent increased risk of obesity for each 1-hour decrease in sleep below 7 hours.

Your action plan: Make sleep a priority and aim for 7-8 hours of good-quality sleep a night. Getting some exercise and sunlight earlier in the day, and avoiding screens and bright lights at night, helps.

5 Manage stress levels

High levels of stress can worsen insulin resistance and blood glucose levels and lead to weight gain. Stress can also be a trigger for emotional (non-hungry) eating and, when you are tired, stressed and rundown, it can be hard to get motivated to make the lifestyle changes that will help you to lose weight.

Your action plan:

Take steps to reduce your stress levels and find ways to manage stress, including scheduling time for rest and relaxation. This could mean making time for activities you find enjoyable and relaxing, taking up meditation or yoga, or using a guided relaxation program at home. If these don't help, consider getting some professional help from a psychologist or counsellor who can assist with strategies to help you cope with stress. ■

Reduce stress by making time for relaxation

WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

Why I quit KETO

Exercise physiologist and diabetes educator *Drew Harrisberg* shares his experience of managing his type 1 diabetes with the keto diet

I decided to try out the keto diet to see what all the hype was about. People claim it is the ultimate fat-loss diet, others say it can reverse type 2 diabetes. I had to put it to the test to see if it would help me manage my type 1 diabetes.

My keto experience

The thing that makes this experiment so eye-opening is, as someone living with type 1, I get to see objective insights every day into my BGLs and insulin requirements. I also have two university degrees. First, I completed a Bachelor of Science (exercise and sport) and went on to become an accredited exercise physiologist. Then, after being diagnosed with type 1 diabetes at age 22, I went back to university and completed a post-grad certificate in diabetes education and management.

After two months on a ketogenic diet, I was very lean, fit, had great focus and concentration, could go many hours without eating, had flatline BGLs, and achieved my lowest-ever insulin requirements. At that point, it seemed like keto was indeed a magic bullet and I was a huge proponent of that way of eating. Fast forward another

two months, everything took a turn for the worse.

I noticed that every time I ate foods containing carbohydrates, my blood glucose went very high and that frustrated me. I also noticed my cholesterol went up to 6.4 mmol/L. Sure, I was very efficient at burning fat and ketones for energy, but my tolerance for foods containing carbohydrate went down noticeably, even after exercise, when I'm usually my most insulin sensitive. Not only could I no longer eat the smallest amount of carbs (a banana) without a large blood glucose spike, I noticed that I needed more and more insulin in order to bring my BGLs back down into the normal range.

It would have been easy to demonise carbs as the culprit for the glucose spike, but that would have been a case of mistaken identity.

Here's why: even if I didn't eat anything and my own body produced glucose endogenously (as in, the liver dumped glucose into my bloodstream via a process called gluconeogenesis), I couldn't fix my high BGLs because I was resistant to the insulin I injected. It felt like I was on my way to developing type 2 (type 1 is more than enough, thank you!). It was a frightening reality and a huge wake-up call.

The keto diet does not cure insulin resistance and type 2 diabetes

Just because keto can lead to stable BGLs and low insulin levels, and patients can come off their medications, does *not* necessarily mean it reverses type 2. It may seem like they've reversed their diabetes, but really, they're just managing symptoms, and the minute they eat a carb-rich meal their BGLs can go very high. It's like a coeliac patient removing gluten from their diet and seeing symptoms disappear. Does that mean they're cured? Of course not, they just removed the trigger that leads to symptoms without addressing the cause of the disease. As soon as they eat gluten, the symptoms return.

The ketogenic diet is a short-term, band-aid solution to minimise BGL fluctuations, but does not reverse the underlying condition of insulin resistance. In fact, evidence-based research shows eating a low-carbohydrate diet actually worsens insulin resistance. ➤

By almost completely removing carbs from the diet, you're simply removing the trigger that leads to symptoms (hyperglycaemia) without addressing the actual cause. Then, when you add carbs back in, your body can't tolerate them, which makes it seem like carbs are 'bad' for you – but really, carbs are the victim of somebody else's crime.

After spending hours and hours down a rabbit hole of research, it turns out the real culprit is the very high levels of saturated fat found in meat, bacon, eggs, butter, coconut oil etc... which can lead to a build-up of fat inside the liver and muscle (called intrahepatic and intramyocellular lipids). When lipids accumulate in tissues where they don't belong, it can cause the cells to become dysfunctional, leading to insulin resistance and impaired glucose tolerance. Sure, the human body can convert excess glucose to fat, but the conversion of glucose to lipids via 'de novo lipogenesis' happens to a very small degree and those new lipids make up a very small percentage of intramyocellular lipids.

Furthermore, insulin has been wrongfully demonised as a 'fat storage hormone'. Yes, one of the physiological properties of insulin is lipogenesis (fat storage), but when you minimise your intake of dietary fat, the impact is minimal. The reality is, insulin levels in the normal physiological range are required for survival. Insulin is not the enemy that many low-carb advocates claim.

> **As someone living with type 1, I get objective insights every single day**

Insulin resistance is a silent disease. Most people don't know they have it because they don't need to monitor their BGLs or inject insulin on a daily basis, but I do. As someone living with type 1, I get objective insights every single day. I see first-hand the effects of different lifestyle variables on my insulin and BGL control. Everyone is different, so don't just take my word for it. Look it up for yourself. The science is out there (and has been for decades). High-fat diets have been shown to induce insulin resistance and reduce glucose tolerance. The evidence is eye-opening. Insulin resistance can affect anyone and everyone – diabetic or not. It doesn't discriminate.

Low-carb diets work, but...

There's no denying a low-carb approach can lead to weight loss, stable BGLs, reduced HbA1c, low total insulin requirements and overall improved diabetes management. In fact, I couldn't agree more! I followed a low-carb approach for eight years with great results. I achieved a 70 per cent reduction in total insulin requirements and very stable blood glucose control. But my point is, those biomarkers say nothing about one's insulin sensitivity and carbohydrate tolerance. When you become primarily fat-adapted you lose metabolic flexibility and can't tolerate even small amounts of carbs. To me, that doesn't sound optimal when some of the healthiest foods known to humans are avoided on keto.

Some say the mechanism is insulin resistance, others say it's enzymatic – regardless of the mechanisms, one thing we all agree on is carbohydrate tolerance goes down. I've even seen world-leading keto experts admit the keto diet induces a state of temporary "insulin resistance" or "glucose intolerance". I'm not aware of specific evidence proving a keto diet causes type 2, but that doesn't mean it isn't on the horizon, especially because keto is such a new health craze with limited long-term research.

However, the evidence clearly shows a high-fat diet impairs glucose tolerance and induces a state of insulin resistance. So my concern is if someone goes on a long-term high-fat diet, and then ends up over-consuming calories, gaining weight, leading

a sedentary lifestyle and reintroducing carbs, but doesn't reduce their fat intake, then their risk for developing type 2 will likely increase.

I don't have a problem with the physiological state of ketosis. You can achieve ketosis by fasting, following Bernstein's approach (low-carb, high-protein keto approach) or even doing a plant-based keto diet. I have concerns with the modern keto diet because it's very high in saturated fat and I don't think bacon, eggs, butter and coconut oil should make up the bulk of your daily calories, especially when they're replacing known healthy foods such as fibre-rich, nutrient-dense and antioxidant-rich fruit, legumes and starchy vegetables.

The solution

Having made the connection between poor health outcomes and saturated fats, I knew I had to make a change. So, I decided to embark on a journey to see if removing those foods altogether and eating more carb-rich, plant-based foods would reverse the metabolic damage I had caused. I immediately embarked on a strictly whole-food, plant-based journey with guidance from world-leading plant-based

diabetes experts Robby Barbaro and Dr Cyrus Khambatta at Mastering Diabetes (masteringdiabetes.org). They have helped dozens of people successfully reverse their insulin resistance and type 2 with a low-fat, whole-food, plant-based diet. It is different to a vegan diet because on a vegan diet you can technically eat refined, processed foods that fit under the vegan umbrella. A whole-food, plant-based diet means you eat food in its original form, making the diet low in calories (particularly calories from fat) and high in fibre, nutrients and antioxidants.

I dropped my fat intake from 75 per cent of daily energy intake to between 15-20 per cent. I removed all animal foods and oils from my diet. I focused on eating healthy fats from avocados, nuts and seeds. I also added whole grains and legumes back into my diet (both of which I hadn't eaten in nearly seven years since following a paleo approach), and an abundance of all types of fruits and vegetables.

Within 48 hours my insulin sensitivity started to return to normal. Within 1-2 weeks my carbohydrate intake was the highest it had been since being diagnosed with diabetes and my insulin use dropped dramatically.

As I write this article, I've been strictly plant-based for four months and the results have been astonishing. I've achieved my best ever insulin-to-carb ratio and it feels like I've regained control of my health. What started as a plant-based journey towards personal development and health has turned into something so much bigger. The positive impact I'm having on myself, the people around me, environmental sustainability and animal welfare gives me so much fulfilment and joy. I cannot wait to see where this journey takes me over the long-term.

The takeaway message

The ketogenic diet does not necessarily cure type 2 diabetes, but rather, it manages the symptoms. Normal insulin and BGLs in the absence of carbs is not an indication of reversing type 2. However, normal insulin and BGLs in the presence of carbs is a true indication of gaining insulin sensitivity and reversing type 2.

If you can stick to a keto diet for your entire life and it helps you manage your diabetes symptoms and ultimately avoid the tragic long-term complications of diabetes, then I'm all for it! Good for you. But for most people out there it is unsustainable in the long-term, it may increase your risk of developing other chronic diseases and may even worsen your carbohydrate tolerance.

The good news is, there's another way! Type 2 and insulin resistance can absolutely be reversed and cured. I've seen it done over and over again on a whole-food, plant-based approach. Patients are achieving non-diabetic HbA1c results, stable BGLs, normal insulin levels and are coming off medication – all while eating an abundance of healthy carbs. In my eyes, that is the true reversal. ■

WORDS DREW HARRISBERG **PHOTOGRAPHY** SUPPLIED BY DREW HARRISBERG, GETTY IMAGES

No more GROWING PAINS

Cultivate a lovely garden – minus all the aches and stiffness – with these ergonomic tweaks & tools

Plan your plot

Keep soil well-groomed and clear of tripping hazards, such as hoses. Consider incorporating functional hardscapes, like benches and paved paths. They'll take up space – less bare earth reduces maintenance – while making your grounds easier to navigate, advises retired physical therapist and certified master gardener Patricia Kolling.

Protect your skin

Well-fitting garden gloves protect your skin from pricks and cuts without adding pressure to joints. Look for a pair that doesn't strain across your knuckles when you make a fist, but also has minimal excess fabric, says Kolling. Wear sunscreen, long sleeves and pants, and solid, closed-toed shoes.

Position properly

While digging, bend at the knees, keep your back mostly straight, and make small, controlled motions instead of stretching your arms far. This technique may reduce your risk of back and joint pain, suggests a 2018 British study.

Treat your knees kindly

Consider planting in pots or raised beds, so you can pull up a seat. If you must kneel, use pads or benches and treat yourself to a bench with arms to make getting up and down easier. ■

WORDS CINDY KUZMA **PHOTOGRAPHY** GETTY IMAGES

diabetes goes DIGITAL

Advancements in technology are making diabetes management smarter – with less pokes and prods

Doctors handed Claire Bickel a diabetes diagnosis the day before her fifth birthday. Her mum, Francesca, learned to stick Claire's finger to check her BGLs, and began monitoring her levels eight to 10 times daily. As a newly diagnosed kindergartener, Claire headed to school each day with a juice box in her backpack, just in case her BGLs dropped at school. That was more than a decade ago; Claire is now a high school student.

"In 2007, there was no way [for me] to know what her levels were [at school], nothing that could tell [me] she was trending down. I had to put all my faith into a five-year-old recognising she didn't feel right and knowing she could sip on some juice if she didn't feel well," says Francesca.

Diabetes has always been a data-driven disease (the more you know about your numbers, the better equipped you are to manage your BGLs), but it hasn't always been convenient to check BGLs or keep track of results, let alone predict where your BGL might be headed next, or monitor a loved one's BGLs from afar.

Today, advances in glucose-monitoring technology and insulin-delivery systems are making all of that possible.

"The devices we use to manage our personal lives are penetrating into diabetes care and allowing patients to learn more about their condition," says Jennifer Sherr, a paediatric endocrinologist and associate professor in paediatrics at the Yale School of Medicine. All that information means two things: the ability to more effectively manage BGLs and the freedom to worry less over highs and lows.

UPGRADED METERS

Most meters work the same way: the user inserts a test strip, they prick their fingertip using a lancing device to get a tiny drop of blood, and the strip is touched to the blood to produce a meter result. Many meters let you save readings and add comments to that data. But seeing long-term trends or relaying your data to a loved one or provider? ➤

Historically, that has needed good old-fashioned pen and paper.

New models have Bluetooth (such as the Accu-Chek Guide or Contour Next One meters) or the capacity to wirelessly sync BGL results via mobile signal. Using the companion app, you can access and review results, record food, activity, and medication events, and see patterns. Many even let you set out-of-range alerts or reminders to check. Plus, you can print and send reports to your support team.

CONTINUOUS GLUCOSE MONITORS (CGMS)

CGMs let users monitor glucose levels every few minutes across 24 hours a day. This can help track trends and see how your body reacts during exercise and at mealtimes. "If you go to a football game and someone takes a snapshot four times during the game, you'll have a different perception of what happened than if you have a complete video that you can pause, rewind and home in on a particular play," says Sherr. "The CGMs are like that video. They provide this whole other layer of information." Many also allow instant sharing with loved ones, healthcare providers and caregivers via app or website.

With a CGM, the user inserts the device so a tiny sensor sits under the skin, where it measures interstitial glucose (the glucose between cells). A transmitter attached to the sensor then sends the data to a receiver (such as a pump, reader or smartphone).

Unlike traditional blood glucose meters, which measure capillary blood through finger sticks and provide instant measurements, CGMs have a few-minutes lag time. And they can take several hours to warm up before they begin reading BGLs. The upshot: CGMs provide trend lines over time, so you can see how often you stay within your target range – several models also sound an alarm when you veer outside of it.

Healthcare providers also benefit from the technology. "Now, I can see a patient's tracings over a few weeks and make adjustments to his or her insulin pump settings much more accurately than if I'm looking at just a few dozen blood [glucose] levels over a one- or two-week period," says Sasan Mirfakhraee, medical director of the Diabetes Management Center at the University of Texas Southwestern Medical Center. For people with type 2, even temporary use of a CGM can help with lifestyle and medication adjustments.

Each CGM offers different features. Medtronic's Guardian Connect system requires finger-stick calibration to ensure accurate readings and has a seven-day wear time, but can be combined with innovative smartphone technology. Abbott's newest version of the FreeStyle Libre has the longest approved wear time – 14 days – and takes readings when the sensor is scanned by the handheld reader or an iPhone using the FreeStyle LibreLink app. Plus, like the Dexcom G5, the FreeStyle Libre doesn't require finger sticks to calibrate. Dexcom G5 has a 10-day wear time and lets you automatically see glucose readings on a smart device and share that data.

INSULIN PUMPS

Pumps have been around for decades, but new technology makes insulin delivery safer,

sleeker and more hands-off. Pumps mimic a healthy pancreas by delivering a steady trickle of rapid-acting insulin 24 hours a day. This keeps BGLs stable between meals and at night, without the need for long-acting insulin. Wearers also use the pump to deliver bolus doses at mealtimes and when their BGL is elevated. Delivering insulin this way can make dosing more precise and easier to adjust in real time, and cut the risk of low or high BGLs.

Traditional pumps deliver a regular preset amount of insulin, but the latest pumps can tailor insulin to the amount of glucose in the blood, like a pancreas.

In 2017, Claire became the first paediatric patient in the US to go on the 'artificial pancreas' – Medtronic's MiniMed 670G hybrid closed-loop system. The system combines an insulin pump with a sensor: the sensor measures BGLs and the pump uses an algorithm to alter insulin delivery based on those levels, 24 hours a day. "My previous pump would give me the same amount of insulin whether my blood glucose was 3.3 or 13.9mmol/L. But the Medtronic is tuned in to what I'm doing, so it keeps me in range," says Claire.

The Medtronic 670G not only stops delivering insulin if your BGL dips too low and restarts when your levels recover, it can also increase the dose if your BGL rises above a programmed level. "And, the overnight control is beautiful," says Sherr. "However, a hybrid approach means users still need to bolus for meals. With the Medtronic 670G, patients still need to calibrate their sensors, at least twice a day, and give a correction bolus if they are high."

Medtronic is currently the only manufacturer that makes both a pump and a sensor designed to work in a closed-loop system: the 670G works with its Guardian 3 sensor. But it isn't the only manufacturer with a high-tech pump. In fact, Tandem's t:slim X2 can also be used to create a hybrid closed-loop system, with the Dexcom. The t:slim X2 has a sleek design (less than 2.5cm thick), a large touchscreen display, and it holds up to 300 units of insulin. Plus, it communicates with the Dexcom to predict low-blood-glucose events 30 minutes ahead of time, suspend insulin to avoid the low, and resume dosing once BGLs are on the rise.

Missing injections?

If you use an insulin pen, but struggle to remember when you last injected, Timesulin is a lid for your pen that automatically tracks how long it's been since your last injection time.

FINDING THE RIGHT FIT

Within a few years, experts say, high-tech gadgets will greatly enhance people with diabetes' ability to stay in their goal range. "But there's not a one-size-fits-all solution," says Sherr. "Instead, we have to tailor our suggestions to each individual patient."

Overwhelmed? There's a lot out there. Your doctor and diabetes educator are great resources. Also discuss with your healthcare team whether you are eligible for the Insulin Pump Program through JDRF Australia, or contact your health insurance to see if you have an appropriate level of cover. ■

WORDS AMY PATUREL, ELLIE GRIFFITHS **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

Brushing up ON DENTAL CARE

You brush twice a day, but are you using the right techniques and tools?

When you have diabetes, the call to brush and floss is about more than your smile. "Diabetes compromises your ability to fight oral infections and bacteria. Symptoms of diabetes can also cause problems like dry mouth and gum inflammation, which promotes tooth decay," says Sally Cram, spokesperson for the American Dental Association. But countless options can make it tough to pick out the right supplies. We asked experts what you need to keep your pearly whites healthy.

Toothbrushes

Diabetes Australia recommends that everyone brush their teeth for two minutes, two times a day to remove bacteria that lead to tooth decay. The Australian Dental Association also recommends changing your toothbrushes or electric heads after you've been sick, every three months, or when bristles look splayed and worn – whichever comes first.

If you opt for a manual toothbrush, choose a soft-bristled brush. "Soft bristles are flexible enough to sweep under gums and remove gooey, sticky plaque," says Cram. (Medium and hard bristles will abrade the tooth surface, leaving bacteria behind.)

Research shows that electric brushes that oscillate and rotate at a high frequency can remove more plaque compared to manual toothbrushes, says Cram. They're also great if you lack the dexterity to effectively manoeuvre a manual. (Battery-operated devices don't spin fast enough, however, so opt for a rechargeable model.) Electric brushes can be expensive, but those priced at the lower end of the spectrum can be just as good as more expensive models.

MANUAL

* **Oral B Pro Health 7 Benefits Soft Cross Action Toothbrush** ($6, oralb.com.au). A good brush with soft bristles and indicator bristles that change colour so you know when it's time to replace it.

ELECTRIC

* **Oral-B Pro** (from $70, oralb.com.au). Protect your gums with the unique round head that helps remove more plaque than a manual toothbrush.

Toothpaste

Your No. 1 feature in a good toothpaste? Fluoride. "Adults with diabetes are more prone to gum inflammation that can lead to gum recession, which exposes the softer, more cavity-prone roots of teeth," says Peter M. Loomer, dean and professor at the University of Texas Health Sciences Center at San Antonio School of Dentistry.

You may also find that gum recession makes your teeth more prone to pain from hot and cold food. In that case, go for a sensitivity toothpaste.

SENSITIVE SMILES

* **Sensodyne Repair and Protect Whitening** ($11.49 for 100g, sensodyne.com.au). This toothpaste has been proven to relieve dental hypersensitivity.

Mouthwash

While it isn't a substitute for brushing or flossing, mouthwash can kill germs to lessen plaque build-up, and can add an extra layer of protection if you're prone to cavities. Avoid alcohol-based rinses, as these are drying to oral tissues, making decay and (oddly enough) bad breath more likely, says dentist Jon Marashi.

ALL-AROUND

* **Listerine** (from $9.80 for 1L, listerine.com.au). Offering a large range of mouthwashes to target your specific needs, while leaving you with a tingling-fresh feeling in your mouth.

DRY MOUTH

* **Colgate Dry Mouth Relief Mouthwash** ($11.99 for 473ml, colgate.com.au). A fluoride mouth-rinse, with a moisturising mint flavour to provide soothing relief.

Floss

Gum disease starts in-between teeth, so flossing once daily is a must. The type of floss you choose depends on your smile's unique needs. If you have large crevices between teeth or have had lots of dental work, you may also benefit from an interdental cleaner or water flosser. But these should be used as a supplement to floss, not a replacement.

DENTAL FLOSS

* **Oral-B** offers an array of dental floss (from $2.99, oralb.com.au). Range includes Satin Floss for something more gentle on the gums, and Deep Clean Floss which delivers deep cleaning power.

FLOSSING BRUSHES

* **Piksters interdental brushes** (from $7.80, piksters.com) come in an array of sizes to help reach to the tough areas between the teeth. ■

WORDS JESSICA MIGALA, ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

AS *time* GOES BY

World Diabetes Day is on November 14. Here are the discoveries and developments that changed the lives of people living with diabetes

History has it that the very first reference to what we now know as diabetes was made more than 3500 years ago. But it wasn't until just over a century ago, in the early 1900s, that medical scientists began to make significant discoveries and breakthroughs that would lead to the diabetes knowledge, advocacy and treatments we take for granted today. Here's how it all played out.

1910 **After researchers discovered in the late 1880s that animals develop symptoms of diabetes if their pancreas is removed, British physiologist Sir Edward Albert Sharpey-Schafer decides to examine the organ more closely. He was the first to discover a substance that's produced by people who don't have diabetes: insulin.**

1922 The first insulin injection is given to a person – 14-year-old Leonard Thompson, who'd been diagnosed with diabetes when he was 12. It came after the discovery that when insulin extracted from healthy dogs was injected into dogs with diabetes, their BGLs went down. Leonard's injections were a great success – while the average life expectancy of a child with diabetes at the beginning of the century was roughly a year, post diagnosis, Leonard lives until the age of 27. In 1923 a pharmaceutical company began producing insulin commercially.

1936 **Although insulin injections were effective, they didn't work for everyone. In 1936 it's finally discovered that there are two different types of diabetes, and that some people living with the disease still produce insulin. The different types were labelled 'insulin-sensitive diabetes' and 'insulin-insensitive diabetes'.**

1937 Australia's first Diabetic Association is formed in NSW. It wasn't until the early 1950s that similar associations were formed in other states and territories.

1945 The improvement of insulin treatments means that by the mid-1940s, the life expectancy of someone with type 1 is increasing, so that a newly-diagnosed 10-year-old now has a life expectancy of 45 years.

1953 Tablets that test urine glucose are now widely available, and over the next few years, urine test strips start to appear, too. Once these became available for use at home, it made measuring and monitoring BGLs a lot easier and faster.

1955 The first oral drug capable of lowering BGLs is developed. Called carbutamide, it was the first generation of a class of medication called sulfonylureas, which stimulate the pancreas to release more insulin. Newer, more potent sulfonylureas are still used today to treat type 2.

1957 The Diabetes Federation of Australia (renamed Diabetes Australia in 1987) is formed.

1964 The first test strips that measure blood glucose by colour code are launched.

1970 The first blood glucose meter hits the shelves.

1972 The relationship between high BGLs and the blood vessel disease that's responsible for many diabetes-related complications is reported for the first time.

1976 The first insulin pump, developed to mimic the body's normal release of insulin, is invented. A portable version appears just two years later but while effective, its large size means it's not yet a practical option for people living with type 1.

1977 The all-important HbA1c test, which shows an average of your BGL over the past 10-12 weeks, is introduced.

1982 The first biosynthetic insulin is approved for use. Prior to this, insulin manufacturers had to stockpile pancreatic tissue from animals.

1985 The first insulin pen delivery system, called the NovoPen, is released.

1990 Having been known as adult-onset diabetes for decades, in the 1990s it's officially renamed as type 2 diabetes to reflect the fact that more and more young people were being diagnosed with it. Today, it's estimated that over the next 40 years type 2 in children and adolescents will rise to be four times the current rate.

1991 The first World Diabetes Day is held. Launched by the World Health Organisation in response to the rapid rise of the number of cases of diabetes, November 14 was chosen as the date because it was the birthday of one of the scientists who pioneered insulin therapy.

1993 A study proves that when people living with diabetes can keep their BGLs within the 'normal' range as consistently as possible, they slow the onset and progression of the eye, kidney and nerve diseases that diabetes can cause.

1995 Metformin, one of the most common tablets used to help manage type 2, is launched. Over the next two decades a variety of new medications, all of which work slightly differently, are developed and approved for use. Today, more than 60 years since the first oral diabetes medication made inroads, six different classes of diabetes tablets are available to help manage type 2.

2013 An artificial pancreas, combining insulin pump technology and a continuous glucose monitor, is trialled at the University of Cambridge in the UK.

2015 A Scottish study finds that people with type 1 now have a life expectancy of little more than a decade less than people without diabetes. Previously the gap was between 15 and 27 years.

2019 After hitting the headlines in 2015, earlier this year it was announced that a bionic pancreas designed to revolutionise type 1 treatment, is now undergoing a clinical trial. Called the iLet, the trial marks an important milestone in development and potential launch. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

OVERCOMING

WEIGHT HATE

Feeling discriminated against because of size can be traumatic. Here's how to push back against the bias

When Kelly Lenza, a professional photographer who has type 2 diabetes, hosts a party, she doesn't just have to concern herself with the usual stuff such as what snacks to serve and how much wine to buy. She also has to worry about people commenting on, and openly judging, her larger-than-average body. At her most recent soiree, she was walking through the living room welcoming late arrivals when an older woman – an extended family member – tugged on her arm. "In the middle of the party, she pulled me aside to tell me that she thought my size was a choice and, to summarise, a moral failing. I went into the back room and wept," Lenza recalls. "I emailed her later, telling her how hurt I was [and politely asked her not to comment on my body again]. But she hasn't apologised, or even responded. I know she felt her comments were justified, because she thinks fatness is a choice."

This partygoer's hurtful behaviour is evidence not just of ignorance of the factors that influence one's body size, but also of weight stigma: negative attitudes and behaviours towards a person because of their size, says Rebecca Puhl, deputy director at the Rudd Center for Food Policy and Obesity. Research by Puhl and her colleagues suggests Americans experience weight discrimination at rates comparable to those of racial discrimination, and that weight discrimination has increased in recent decades. It's so widespread, in fact, that at least 44 per cent of respondents from a US survey published in 2017 had experienced it.

Not only is weight discrimination humiliating, it is actively harmful to people's health. A 2018 study of adults who had undergone bariatric (weight-loss) surgery reported the more weight-related stigma participants experienced, the more they avoided exercise. And one long-term study of more than 18,000 middle-aged and older adults found those

who had experienced weight stigma were 60 per cent more likely to die early from any cause than those who did not. The increased risk wasn't due to lifestyle choices or disease factors, leading the researchers to conclude the stigma may be more harmful than being overweight itself. This makes sense, given weight stigma has been linked with anxiety, depression, higher levels of the stress hormone cortisol and increased levels of C-reactive protein – an inflammatory chemical linked to heart disease.

Many people with diabetes already feel stigmatised because of their condition. "I heard one co-worker tell a child that if she ate too much cake she'd get diabetes. I'm like, that's not how it works!" says Anastasia, 36, a youth-care counsellor who has type 2 and asked us not to include her last name. "A lot of the time, I don't want to tell people that I have type 2. I feel like they will look at my body and think, 'Oh, no wonder.'" Unfortunately, weight bias may be more harmful for those already dealing with other stigma and discrimination, as people with diabetes often are, says Puhl. "It's important to recognise that people with diabetes are already at risk for a number of health complications – and weight stigma may make these worse."

Myths about large bodies

"When we talk about weight bias, this includes widespread stereotypes like assuming that someone has a higher body weight because they are lacking discipline or haven't 'tried' hard enough," says Puhl. While dietary patterns and physical inactivity may contribute to weight gain, body size is also determined by many other complex factors, such as genetics, environment, socioeconomics and psychological factors such as trauma or disordered eating.

Researchers estimate between 40 and 70 per cent of obesity may be rooted in how our genes and our environment interact. Disordered eating and stress may also play a role, and both can be intensified by weight stigma. For example, a recent study found people who experienced weight stigma in adolescence were much more likely to engage in binge eating and to use food to cope with stress 15 years later when they were adults.

White-coat weight stigma

One of the most common places where people with high weight report facing bias is the doctor's office. "One doctor said that ➤

he wished he could drop me in the middle of the jungle so I would have to hunt for my food and get exercise," recalls Lisa Schieri, who was diagnosed with type 2 diabetes 27 years ago. Anastasia has felt stigmatised, too. "My regular doctor is great – he talks about diabetes management, not weight. But I had a painful cyst one time and had to see a nurse instead," she recalls. "Out of the blue she says, 'Have you ever thought about losing weight?' 'No, that's never crossed my mind, lady. C'mon: I live in today's world and have diabetes, what do you think?' I cried in the car after."

Such painful interactions can erode the doctor/patient relationship and lead people to avoid future medical care. Stigmatising experiences about weight may even contribute to additional weight gain, says Puhl. In a 2013 study of 6000 adults with a range of BMIs, those who experienced weight stigma were up to three times more likely to get or continue to have obesity over time than people who didn't report any weight discrimination.

Physicians know it's important to counsel patients about their weight, but most have little

direct education in nutrition or behaviour change and are juggling too many patients to take the time to discuss real solutions.

"The generic advice from a doctor to 'try again or try harder' is not at all helpful," says Dushay. "If something is not working, continuing on that path with more conviction won't force it to work: if I don't put the right fuel in my car, even if I overflow the tank with gallons of that fuel, the car won't run. People may benefit from more nutrition education, more specific advice about shopping or planning meals, or more access to higher-quality food – all of which a good registered dietitian can provide – yet there is very frequently resistance to referring someone to a dietitian."

Healing from weight stigma

Because weight stigma is so widespread – from healthcare professionals, the diet industry and family, to strangers – it can be difficult to overcome, and battling it is often a long-term process. In some cases, this battle can lead people of higher weight to internalise the weight bias, so there is literally no safe harbour, even at home, says Puhl. Here's how to fight back against weight bias in your life.

Check your own internal bias

Find out just how many of these negative attitudes you've internalised by taking the Weight Implicit Association Test from Harvard University researchers. The test is part of their Project Implicit Social Attitudes research and can be accessed through Implicit. (Visit implicit.harvard.edu/implicit/australia/takeatest.html). Then, challenge your assumptions about size with

THE TRUTH ABOUT **WEIGHT** AND DIABETES

Diabetes Australia suggests moderate weight loss should be part of a treatment plan for people with diabetes who have a high body mass index. But advice for weight loss may convey shame and blame – and can even be dangerous.

"I was sick for three years before my diabetes diagnosis. I knew I was sick, but since I passed my fasting blood [glucose] check, the diabetes was not caught by doctors. Instead, the doctor told me I wasn't dieting and exercising hard enough," says Lenza. "I injured my knee pursuing this doctor's orders, and developed full-on eating disorder behaviour, desperately trying to starve myself [into being healthier]."

"We've come to have this societal expectation that losing weight should be easy," says Puhl. "We see so many messages from the diet industry and media that you can achieve quick weight loss with a plethora of conventional options, and doctors and patients often have very unrealistic expectations."

Jody Dushay, endocrinologist and director of the Wellpowered Wellness and Weight Loss Program at Beth Israel Deaconess Medical Center in

a book such as *Body Kindness,* by dietitian Rebecca Scritchfield, or *Body Respect,* by Dr Linda Bacon.

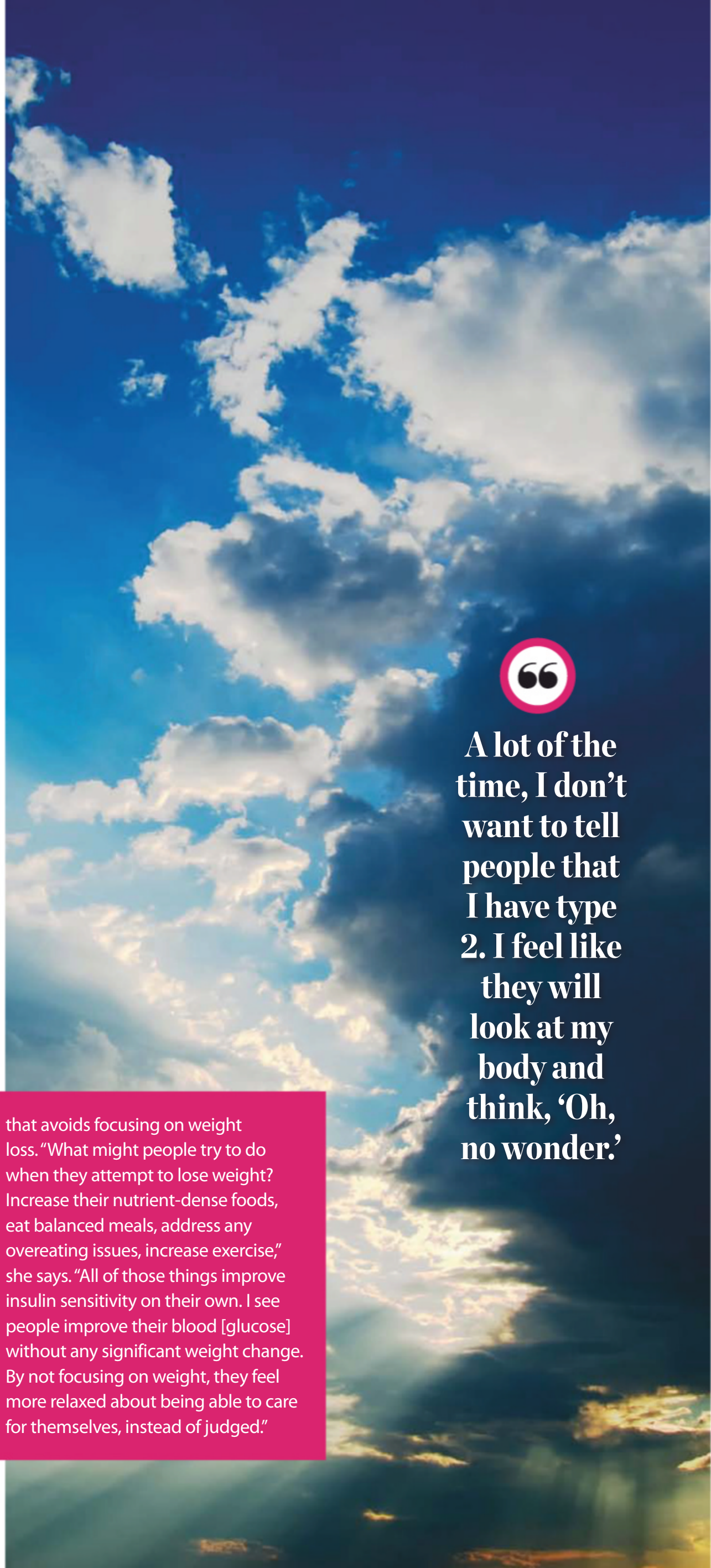
Evaluate your gaps

If your healthcare team isn't providing you with the support you need, think about adding a member. Could you benefit from the support of a dietitian, health coach, personal trainer or psychologist?

Guidance from a dietitian has been shown to lead to greater improvements in HbA1c, and is strongly recommended by Diabetes Australia to help people with diabetes develop and follow an individualised nutrition plan. And, additional support from a psychologist can give you the tools you need to heal from internalised stigma. The Royal Australasian College of Physicians reported people who are obese or overweight must be supported by their health team in order to achieve the most optimal level of health.

Stand up for yourself

"When patients come to see me, I take it at face value that they are presently trying their best," says Dushay. But not all providers have this attitude: a 2012 ➤



Boston, agrees. "I have seen patients have significant improvement in blood [glucose], cholesterol, blood pressure and non-alcoholic fatty liver disease with 3 per cent weight loss – just 3kg for someone who weighs 112kg," she says.

Research suggests dietary changes and increased exercise alone can lead to better health measures, whether weight is lost or not, says Glenys Oyston, a dietitian who uses an approach to diabetes management that avoids focusing on weight loss. "What might people try to do when they attempt to lose weight? Increase their nutrient-dense foods, eat balanced meals, address any overeating issues, increase exercise," she says. "All of those things improve insulin sensitivity on their own. I see people improve their blood [glucose] without any significant weight change. By not focusing on weight, they feel more relaxed about being able to care for themselves, instead of judged."

Focusing on your quality diet and active life are the keys to success

study of more than 2000 doctors found all of them held at least some negative opinions of large people, and all had an implicit – or subconscious – preference for thinner people over larger ones. Having strong negative attitudes towards weight could lead clinicians to think it is socially acceptable to express their negative attitudes towards people with high weight, even when those people are their patients.

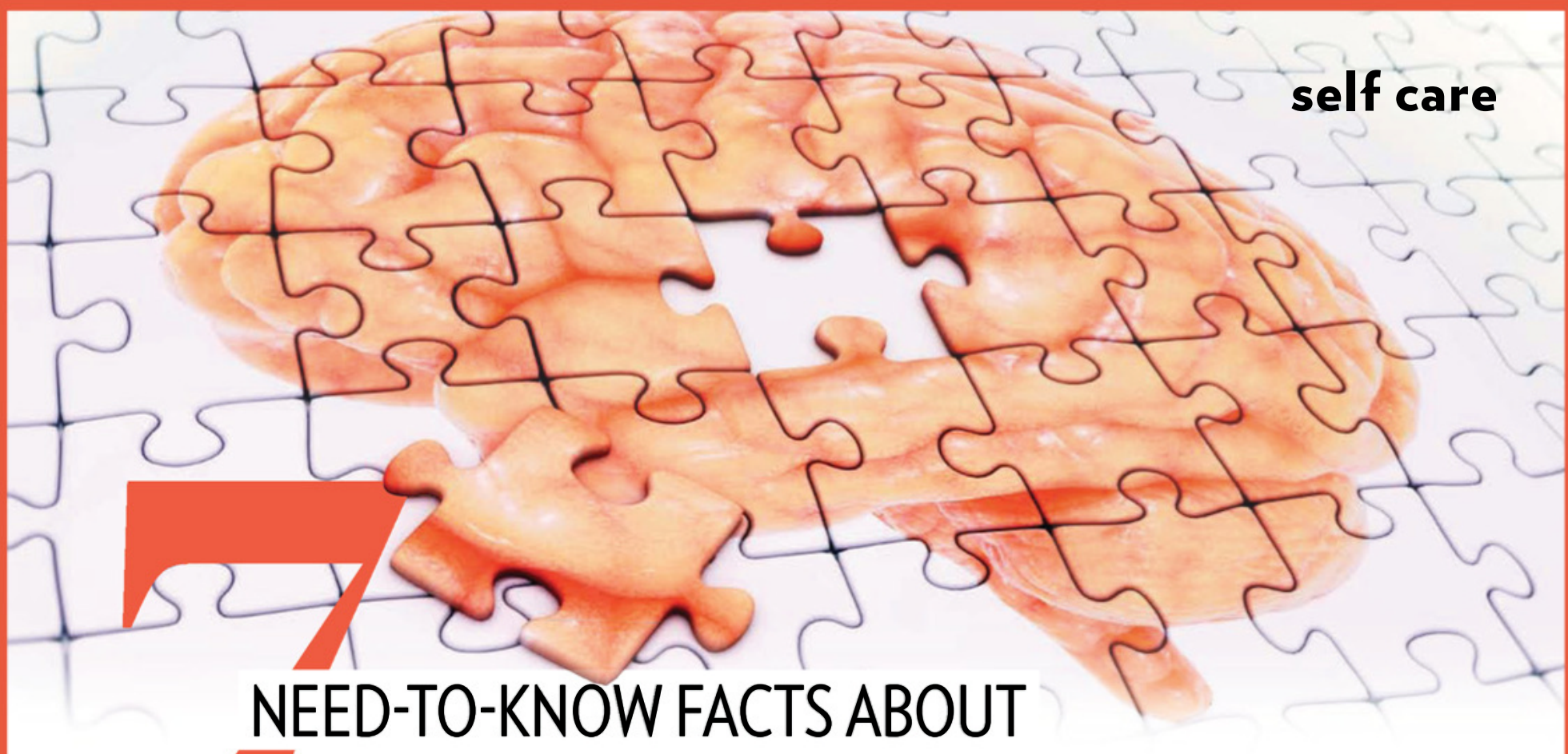
If your doctor takes a condescending or shaming tone with you, speak up, says Juliet James, 43, a freelance writer with type 2. "It's so hard to challenge doctors – we're the patients, they're the professionals. They hold the education and experience cards. But they do not experience life in your body," she says. "If you think something is 'off' or you feel you're being mistreated, remember that and also remember: they are our employees! We don't often think of them that way, but it's true. They work for us. Why on earth should we pay someone to treat us badly, to ignore our needs or wishes? We shouldn't."

Jill Weisenberger, dietitian and a contributing editor to US *Diabetic Living* magazine, agrees. "Each person who goes into a doctor's or dietitian's office has the right to say what they do and don't want to focus on, or say, 'I'm not comfortable with your suggestion.' I know it's hard, but don't allow yourself to be in the situation where the provider is the boss," she says. "These are supposed to be collaborative relationships." If you're not confident you can speak up, bring a friend or family member along for moral support.

Focus more on health-supportive behaviours, and less on the scale

All the experts we spoke to agreed that, while weight loss may be beneficial to someone with diabetes, healthy behaviours such as getting regular exercise and eating more nutritious foods are more crucial. "Learn to love high-quality food and recognise how great you feel when you eat it," says Dushay. "People often feel better when they focus on the quality of their diet, eat more mindfully, and increase their exercise, especially vigorous activity. I encourage my patients to avoid focusing exclusively on the number on the scale." ■

WORDS SUNNY SEA GOLD, ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES



7 NEED-TO-KNOW FACTS ABOUT DIABETES & DEMENTIA

Diabetes increases the risk of dementia. Discover some surprising facts and how to avoid becoming a statistic

1 People living with diabetes are, on average, twice as likely to develop dementia. The chance of developing dementia is about 10 per cent for people living without diabetes, rising to 20 per cent for those living with it.

2 The diabetes-related dementia risk is higher for some types of dementia. Dementia is an umbrella term for a collection of symptoms caused by more than 100 diseases that affect the brain. A recent study showed having diabetes increases the risk of Alzheimer's by as much as 65 per cent, while the risk of developing what's called vascular dementia climbs by 138 per cent.

3 Researchers still don't know exactly why diabetes increases the risk of dementia. One explanation is high insulin or BGLs damage blood vessels in the brain, causing brain cells to become starved of oxygen and nutrients, and eventually die. Diabetes may also contribute to the build-up of plaques and things called 'protein tangles' in the brain that increase risk.

4 250 Australians join the 'dementia population' every day. Dementia is also the second leading cause of death for Australians and costs the nation more than $15 billion a year.

5 Most types of dementia can't be cured. So while there are ways to manage the condition, it's important to do what you can to reduce your risk. The key things you can do are to monitor and manage your BGLs, blood pressure and cholesterol level as well as possible, and to take any medication you've been prescribed as instructed.

6 There's an app that can help you lower your risk. Developed by Dementia Australia and the Bupa Health Foundation, BrainyApp (brainyapp.com.au) is a fun way to help you look after your brain health.

7 Early detection and treatment are vital. Symptoms include forgetting recent events, conversations or appointments; confusing times or places; losing things frequently; becoming lost when out; and a reduced ability to do known tasks. In addition, people who have diabetes can experience weight loss, find diabetes tasks difficult to perform, and suffer worsening blood glucose levels and frequent hypos. If you notice any of these, talk to your doctor. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

WHEN THE *shoe* FITS

Everyone needs good footwear. But when you have diabetes, shoes are about more than just fashion

It's estimated up to 50 per cent of people with diabetes have peripheral neuropathy, a type of nerve damage that affects your ability to sense pain and hot or cold temperatures. And, as many as half may have no symptoms. "Normally, if you have a blister, you feel it and stop wearing a certain shoe. But if you don't have sensation in your feet, you may keep wearing the shoe and walking on the area that's sore," says Monara Dini, a podiatrist in the Center for Limb Preservation at UCSF Medical Center. Those points can turn into foot ulcers and cause problems. The right shoes can go a long way towards keeping foot complications at bay.

Since shoes break down over time, take inventory every six to 12 months. How do your feet feel in the shoes? Have any parts of the shoe worn down? Telltale signs shoes need to go: they do not feel as supportive, the heel caves to one side or is worn down, the forefoot shows excessive wear, and the lining is thinning or tearing. Walking and jogging shoes should be retired at 480-800km, or at least every five months. When you're ready to hit the store, keep these tips in mind.

Look for foot-friendly features

Start with a good supportive sole. "Cushioned outer soles, like EVA soles on running shoes or Vibram soles on some dress shoes, are shock absorbent," says John Giurini, chief of podiatry at Beth Israel Deaconess Medical Center.

Opt for shoes made from breathable material, such as fabric or soft leather, and with laces or Velcro, which let you adjust the fit. A padded tongue and collar (the rim around the shoe) will cushion your feet and ankles. If you have hammertoes or Charcot joint, look for extra-depth shoes to accommodate these structural foot changes. Giurini recommends steering clear of rigid leather or rubber shoes, and slip-on styles such as loafers.

Walking or athletic shoes are a good choice for everyday wear. For vigorous activities such as hiking, it's even more important to find a shoe that fits well and gives protection to your feet and ankles. "There's a lot of up-and-down movement when you hike, so it's important to stop and check your feet regularly," advises Dini.

While wearing sandals and flip-flops may seem like the perfect way to stay cool during warmer months, open-toe styles don't safeguard your toes and feet. "The straps can also put pressure across the foot and lead to sores," says nurse and certified diabetes educator David Miller.

Try them on

There's only one way to tell if a shoe fits – try it on. Since your feet change shape and size over time, have them measured by a certified shoe fitter or pedorthist each time you buy new shoes (you can find one at pedorthics.org.au). Shop at the end of the day when your feet tend to be bigger. And, if you have inserts or orthotics, don't forget to bring them!

When you try on a pair of shoes, stand up. "You should have about 2.5cm of room at the end of your toes," says Karen Andrews, an associate professor in the Department of Physical Medicine and ➤

HAPPY + HEALTHY FEET

1. **Check your feet** every day. Look for redness, swelling, blisters, or skin or nail changes. Use a mirror or ask for help if you have trouble seeing your feet.
2. **Wash your feet daily.** Use warm, not hot, water and dry well after washing, especially between your toes.
3. **Keep your toenails trimmed.** Your podiatrist can help you with this.
4. **Don't go barefoot.** It's easy to step on something and hurt your feet, so keep them covered – indoors and out.
5. **Shake out your shoes.** There may be a stray rock (or LEGO!) hiding inside.
6. **Visit your podiatrist.** Get a complete foot exam annually (or every 2-3 months if you have neuropathy).

shop smart

Rehabilitation at the Mayo Clinic. "Make sure your foot has space to spread and the shoe is wide enough to accommodate your foot without creating pressure points," she says, but not so much space that your foot slips side-to-side. Feel inside the shoe, too. Seams or bulky linings can bunch up and cause hotspots.

Don't aim for snug

With neuropathy, the decreased sensation in your feet can make it hard to determine if a shoe fits. "Oftentimes, people choose a shoe that's too small. They perceive the snug feeling as a good fit, but it can be too tight," says Giurini. A narrow toe box can squish your toes and cause corns, calluses and other injuries.

Pay attention to your socks

Socks provide an extra layer of protection between your shoe and skin, reducing the risk of blisters. Melissa Joy Dobbins, dietitian and diabetes educator, recommends going for seamless, moisture-wicking styles that keep your feet dry and don't pinch around the calves or ankles. Look for breathable material such as cotton, wool or acrylic, especially for exercise. A little extra padding on the heel and ball of the foot also helps.

Do you need INSOLES?

Bunions, hammertoes and other changes to the shape of your feet can create pressure points and sores. Custom inserts can be moulded around these problem areas and disperse the shock, allowing the area to float rather than hit the ground directly. Ask for inserts specifically designed for people with diabetes, which provide three layers of protection and support. "Over-the-counter insoles could be appropriate for common conditions like plantar fasciitis or foot or ankle pain, but significant foot problems usually will require a custom solution," says Giurini.

Break them in slowly

It's exciting to get a new pair of shoes, but don't wear them all day right out of the box. "Wean into wearing new shoes the first week," says Andrews. Start with an hour the first day and add 30 minutes each day. Once you get to three hours with no hotspots, you're good to go. Not sure your shoes are right for your feet? Your podiatrist can evaluate them.

Do you need 'diabetes-friendly' shoes?

If your blood glucose is in your goal range and you don't have a history of foot ulcers or neuropathy, stick with shoes from your local store. If you have a history of serious diabetes-related foot disease, therapeutic shoes may help. They're designed to redistribute the forces applied to your feet when you walk, reducing your risk of foot ulcers.

Find your fit

FRANKiE4 A healthier option for on-trend shoes, created by a physiotherapist and podiatrists.
Ziera For more than 70 years, it has created superior shoes for support, comfort and stability.
Hush Puppies World-class comfort in casual, yet stylish, shoes, perfect for any day.
Bared Shoes Designed by a podiatrist, these shoes are available for both narrow and wide feet, providing comfort all day long. ■

Not too loose, not too tight – look for just right!

WORDS CHRISTINE YU, ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

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‘I feel GOOD about my eating’

Garry Webb, 61, spent 13 years trying to lose weight and control his type 2. Within 12 weeks of starting a science-based diet, he’d lost 20kg and was no longer ‘Big Gazza’

TYPE 2

When did you learn you had type 2?

My wife, Lorraine, had been on my case for years, saying that I needed to go and get checked for diabetes. Deep down I knew there was something wrong, but I kept avoiding it. When I had a big feed or a lot of sugar, I’d get a sickly feeling and I was always thirsty. Eventually I went to my doctor and he did tests and said, yep, your wife is right. However, he said that rather than going on medication, I should work on my diet and lose some weight. That was about 15 years ago.

WORDS HEATHER WISEMAN PHOTOGRAPHY GARRY WEBB, GETTY IMAGES

Were you very overweight?

I'm not a big bloke, really; I'm about 1.75m tall and I was about 95kg, so not huge. But I've always been self-conscious about my pot belly and I didn't like people calling me 'Big Gazza'. I spent years dieting and I'd get to 88kg, but could never maintain it. The pot was always there and my fasting BGLs were always a bit high. I've got a really sweet tooth. When I start eating sweet things, I can really get a run on, which isn't good. Lorraine used to say I was like a rat scratching around the cupboard at night, looking for food. I can be a bit of a guts.

How did you get a win?

I heard about the CSIRO Total Wellbeing Diet and, when I did the survey online, it said I should do the diet for cravers. It asked about diabetes and they have a diet for people with prediabetes or type 2, so I was surprised they didn't recommend that. I signed up thinking it would be great if I could get to 85kg, but they said I'd get to 76kg. I thought, *you're joking*. But 12 weeks later I was 76kg and, more than a year later, I've kept it off. I didn't realise the impact of that extra weight until I lost it. I've lost that pot belly, but also weight off my arms and legs. And my BGLs are back healthy. It's the best $150 I've ever spent.

What was the diet like?

It's fairly common-sense and you can eat a reasonable amount, so it's not about starving. It's about learning to eat healthy food in moderation and maintaining that. You can still eat bananas and cheese, like a normal person. To start I wasn't sure about kale, but I don't mind it now. On Thursdays they send you the next week's diet, which is helpful. We print that out and get everything we need from the supermarket. Then, over the weekend we food prep, like making a batch of bircher muesli. Lorraine does all the cooking; you've got to know your skill set – she cooks, I eat. But the recipes are pretty simple and tasty. For breakfast I might have porridge, lunch might be a salad wrap with a bit of chicken and for dinner it might be cauliflower, beans and carrot with a little bit of melted cheese and 100g of beef. Don't have to eat cardboard!

> **I didn't realise the impact of that extra weight until I lost it**

What made it different to your normal diet?

It has made me think about portion size. I've always been a big eater – if you put it in front of me, I'm going to eat it. But after a while, I adjusted to eating less. Now, if I have a big meal it's like carrying a brick. I've also learned to wait a while before eating; it's okay to feel a bit hungry. To start with I had to weigh everything to get portions right. But now, I know what 22g of avocado looks like and how much chicken to cut up, without the skin. We're also eating a bigger variety of vegies. Things like leeks, beetroot and purple sweet potato. We make baked chips out of it and, oh wow! I don't think about takeaway food anymore; I don't feel like I'm missing out.

Did you exercise too?

Yes, I did all the walking it suggested, but not all the exercises. I need to be careful with my back, but some of the balancing stuff was really great. It's a different way of exercising, and fun. I'm leaning over and balancing on one foot and feeling a bit self-conscious – I'll say to Lorraine 'I look like a jerk.' But in getting older it's good. It's not about bulking up or lifting things.

Are you still a craver?

Because I'm not hungry, I crave less, but sometimes old habits come back. I might have some yoghurt after tea and Lorraine says, 'do you really need that?' It's good she does, because my cravings haven't completely gone. But 90 per cent of the time I feel good about my eating. I haven't had to take any medication for my diabetes and my BGLs are good now. I like being smaller and eating well. I don't miss Big Gazza. ■

‘I’m in a fight for my *life*’

TYPE 2

“Wake up and start looking after yourself,” is what I’d tell the 30-something-year-old me if I could travel back in time to the beginning of my journey with type 2 diabetes. That, and “stop thinking the complications won’t happen to you”, because they can – and they have.

After being diagnosed with type 2 diabetes 20 years ago, Jodie Holmes has experienced one complication after another. She’s finally starting to take control back, but says if she could turn back time she’d do a lot of things differently

From poster child to poor excuses

Thanks to not taking care of my diabetes, I’ve got liver cirrhosis, a heart arrhythmia that needs constant monitoring with a LOOP device that I’ve had inserted just above my heart, and I can no longer work. In 2017, a specialist told me that if I didn’t start taking better care of myself, I had just two years to live. I’ve also got a rare skin disorder that affects my face and chest, called reactive perforating collagenosis, as a result of my diabetes.

Don’t get me wrong, I’m not looking for sympathy. Far from it. In the past, I made excuses and blamed all kinds of external things and circumstances for why my health is like it is. But now I know that if you don’t care for yourself, how can you expect anyone else to? I’m responsible, no-one else.

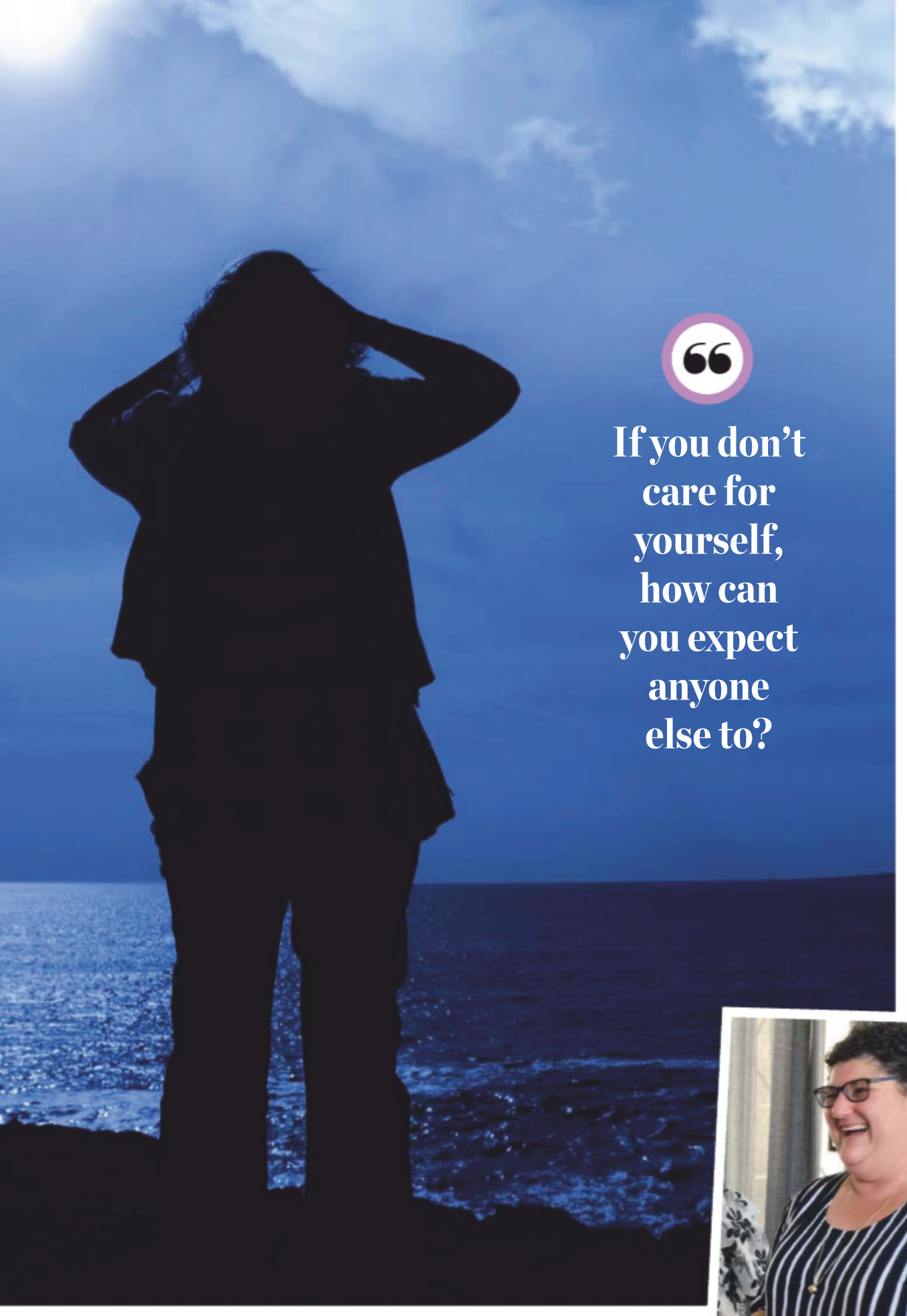
What’s interesting is that when I was first diagnosed with diabetes, I did everything right. In fact, for the first five years I was the poster child of good diabetes management. I overhauled my diet, took the medication I was prescribed, conscientiously monitored my blood glucose levels and lost 26kg.

So, when my doctor praised me and said my diabetes was so well managed I could treat myself occasionally, it was like being given a free pass! It also coincided with a particularly stressful period of my life, including a messy divorce, working four jobs, night shifts, an interstate move – a whole lot of stuff. Combined, it meant I took my eye off the ball and almost felt like, ‘Great, that’s my diabetes dealt with, what’s next?’

The real fight

Then I met my new partner, felt comfortable and happy, and old eating habits and the weight crept back in. Several rounds of IVF trying to conceive my now 14-year-old son made me lose sight of my health and wellbeing even further. I stopped monitoring my bloods regularly and it cost me.

The crazy thing is, I’m a nurse, so I should have known better. I’ve always understood that diabetes isn’t just about controlling one thing, and I knew what kind of impact and damage it caused the rest of your body. I’d seen it firsthand.



> If you don't care for yourself, how can you expect anyone else to?

AS TOLD TO KAREN FITTALL
PHOTOGRAPHY GETTY IMAGES

But as a nurse it's easy to put yourself on the back-burner, prioritising the care of your patients while forgetting about No.1. To be honest, there was also a fair bit of denial involved.

I'd preach to my patients about how important it was for them to start making lifestyle changes, but I wasn't doing any of it myself. Hypocritically, I was the 'do as I say, not as I do' nurse when I was caring for people with diabetes.

The upshot is that these days, at age 51, instead of being in the prime of my life, I'm in the fight for my life. And it makes me upset that I've forced my family and loved ones, particularly my mum, to come along for the ride. They're amazing and I thank them every day for their love and support.

Now I'm fighting with all I've got. A combination of hitting my lowest point emotionally, finally accepting responsibility for my health and being afforded more time to focus on myself due to not being able to work has allowed me to make some important changes.

Taking charge

I've stopped eating rubbish food, I'm getting more sleep and I'm working with a physio to incorporate some exercise into my life. And the insulin I've been prescribed means my blood glucose levels are back under control. I've also lost 30kg since being diagnosed with liver cirrhosis, because the nausea has stolen my appetite. The irony of that accidental weight loss is that my diabetes has improved significantly. What a way to do it!

Once a month I drive three hours from my home in Echuca to Melbourne to see an endocrinologist, a gastroenterologist, a neurologist and a cardiologist, and I probably have a liver transplant in my future, if I'm lucky.

Some days I feel like I'm 151 years old, but I'm nowhere near done yet. Would I change some things about my past? Absolutely. But all I can do is deal with where I'm at right now.

Regrets won't change anything. I've stepped up and stopped burying my head in the sand, and I try to find something to enjoy and be grateful for every day. My goal now is to start living again, not just existing. ■

MOVE MORE NOW!

Moving throughout the day is just as important as setting aside time to exercise. Here's how to fit it all in

It's easy to get caught up in life – working, cooking, cleaning, watching TV – but you also need to remember to take time for you. The best way to do this is by adding at least 30 minutes of exercise to each day. You don't need to join a gym or attend fitness classes to do so. Start by creating your own personalised Move-More Plan (opposite) and get started with these simple exercises.

BUILD YOUR MOVE-MORE PLAN

1 MAP OUT YOUR WEEK
Sketch out a calendar that lists each day of the week and breaks each day into half-hour blocks. Then, think about your typical week and go through each day: shade in the blocks during waking hours that you mostly spend sitting or reclined. This can include commuting, using a computer, reading and watching TV.

2 IDENTIFY YOUR SEDENTARY BLOCKS
With your map complete, take a look at the whole week at once without judgment. What do you notice? Tally up all the hours you spend sitting or reclining each day. Do you see any windows of time where you could choose to be more active? Are there other times it would be less appropriate to move more?

3 MAKE YOUR MOVEMENT PLAN
Look at any shaded blocks of 90 minutes or more – these present prime opportunities to work in more movement. Think about how you could add in a few minutes of activity here and there. To set your plan into motion, use a different-coloured marker to draw lines at the times you're committing to move.

4 CHOOSE YOUR MOVEMENT
Any activity counts! Need ideas? The following moves are all designed to break up sedentary time. Some get you up and out of your chair, while others can be done (stealthily) while seated. Aim to move for a few minutes every 30 minutes. Start small by choosing one or two moves, or combine them to fit your situation.

Pick your MOVES

Strengthen your side abs to support your back.

STANDING SIDE CRUNCH

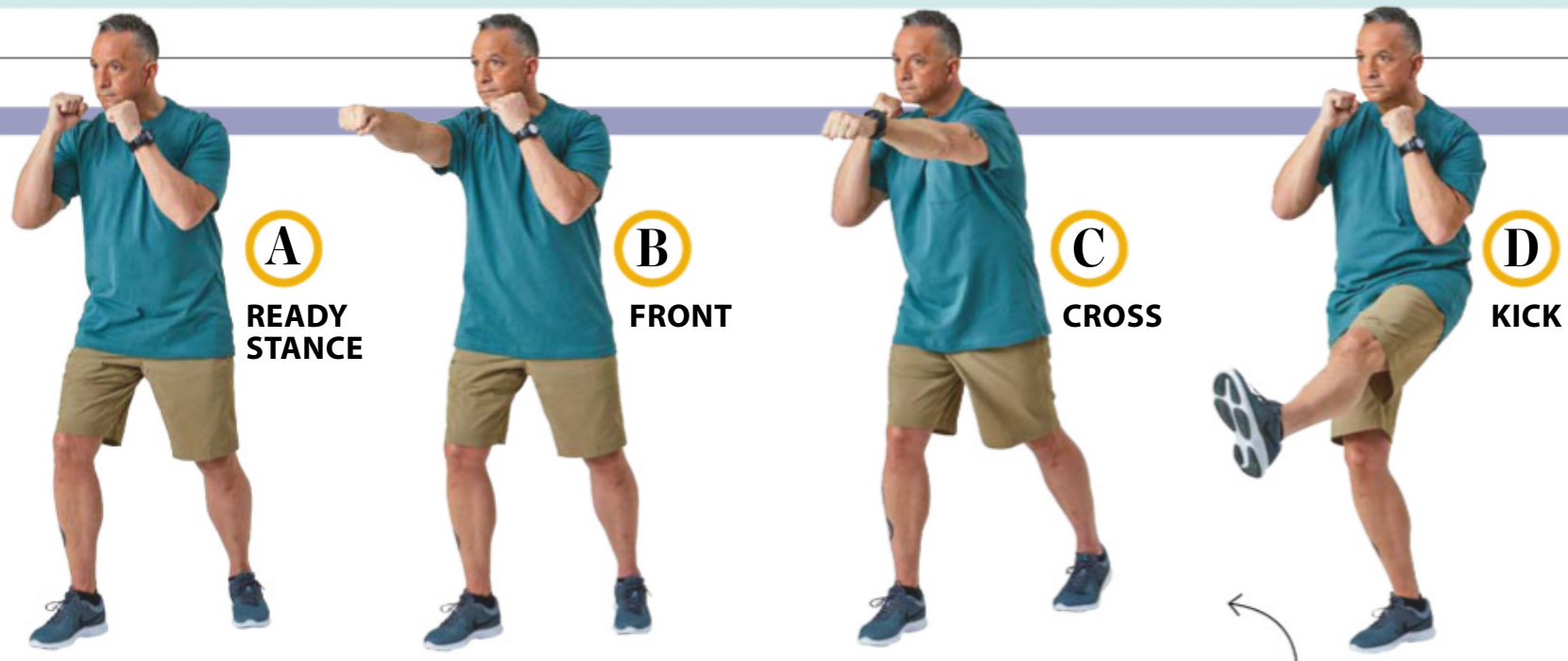
10 crunches on each side

Stand tall with your feet hip-width apart and knees soft. Gently rest your hands on the back of your head, elbows out (A). To begin, shift your weight to your left foot. Simultaneously raise your right knee and lower your right elbow with the intention of touching them together (B). Return to the starting position and repeat. Focus on originating the movement from your core (not your leg or shoulder). To make this easier, place your opposite hand on a table or wall for added balance. ➤

BEAR CRAWL

8 crawl steps forward + 8 crawl steps backward

Start on your hands and knees on the floor. Place your hands slightly wider than shoulder-width apart and bend your knees and feet at a 90-degree angle, toes pointed down to the floor. Contract your core and use your leg muscles to lift your knees a few centimetres off the ground, so your hips are parallel with the floor. Now your hands and toes are the only things in contact with the ground (A). Aim to keep this form with your knees close to the ground as you simultaneously move your right hand and left foot forward to crawl (B). Repeat with your left hand and right foot. Continue crawling across the room. When you reach a stopping point, crawl backward by simultaneously moving one hand and the opposite foot back until you return to your starting point (C). If you have limited space, you can take two steps forward, then two steps backward. As you crawl, be mindful and remember to breathe. The goal: small, smooth and gentle movements.



FRONT PUNCH, CROSS & KICK COMBO

4 combos on each side

Begin in a boxing stance with your right foot facing forward and your left foot behind it, slightly opened to the left. With your knees soft, raise your fists up near your chin, as if you are guarding your face. Lean forward slightly and engage your core as if to brace for a punch. This is your ready stance (A). Jab your front (right) fist forward: keep your fist tight and extend your arm with control, finishing with your palm facing downward (B). Bring your fist back to guard your face (A). Next, throw a forward punch across your body with your left fist. Generate more power by rotating your shoulders and hips forward, pivoting on your left foot, as you punch (C). Return to ready stance (A). Last move: forward kick. Transfer your weight to your front (right) foot and gently lean forward as you lift your left knee towards your chest and drive through your heel to kick forward (D). Kick only as high as you're comfortable doing. Return to ready stance (A). Repeat this combo three more times, then switch sides so your left foot is in front.

WHY MOVING MORE MATTERS

Exercise is often treated as a task to check off so we can move on with our day – but the rest of our to-do lists usually involve a lot of sitting. It's tough to fit in movement when sedentary behaviour is intertwined with all aspects of everyday life, says Michael Lynch, the registered clinical exercise physiologist who created this plan.

Make no mistake, setting aside 30 minutes each day for moderate exercise such as walking or riding a bike is important.

Plus, it has amazing health benefits: improved insulin sensitivity, reduced anxiety and improved sleep, to name just a few. But experts now agree that what you do between exercise sessions can have just as big of an impact on your health and your diabetes management. All of this incremental movement burns calories, reduces high BGLs and boosts insulin action. And, it all counts towards the overall goal of 30 minutes of heart-pumping activity each day of the week.

SUMO SQUAT

15 squats

Stand with your feet slightly wider apart than your shoulders. Point and align your toes and knees outwards, opening your hips as feels comfortable. Press your palms together in front of you to help keep your chest and head up (A). Lower into a squat, keeping your knees behind your toes and your weight in your heels to protect your joints (B). Begin with shallow squats and work towards stopping just before your knees are at a 90-degree angle. Push up to the starting position.

ISOMETRIC BICEPS HOLD

Hold for 30 seconds

This is an isometric exercise, which means it involves contracting and holding a muscle without moving it. (It's a stealthy way to get some exercise in at work.)

Sit behind a heavy table or desk (one that you can't lift) with your shoulders back and down, chest and head up, and feet flat on the floor. Use a chair that allows your elbows to be about the same height as the table. Place your palms on the underside of the table, with your thumb wrapped around the top. (If the table is too thick, keep your thumb underneath.) From this position, engage your bicep muscles and attempt to lift the table (A). How hard you make this is up to you. The goal is to find a tension you can hold consistently for a full 30 seconds. When you're finished, gently release the contraction. ➤

SEATED KNEE LIFT

10 knee lifts

Sit on the edge of a sturdy chair with your knees bent and toes touching the floor. Grasp the sides of the chair behind your hips with a secure grip. Engage your core and arm muscles, and lean back slightly, keeping your back straight and chest high (A). Keep your upper body here as you exhale, grip the chair, and bring your knees towards your chest, stopping at a height that is right for you (B). Then, keeping your upper body still, lower your knees and gently tap your toes to the ground. Use your grip on the chair to help you lift and lower your legs and keep you steady. Challenge yourself by slowing this movement down, raising and lowering your legs with control, rather than using momentum.

If you experience back pain at any time during this exercise, stop and rest. Before beginning again, analyse your form. Try engaging your core (as if bracing for impact), putting more weight on your arms or lifting your feet only a few inches off the ground.

WORDS MICAELA YOUNG, ELLIE GRIFFITHS
WORKOUT MICHAEL LYNCH **PHOTOGRAPHY** BLAINE MOATS

HEEL TOUCHES

10 heel touches on each side

Sit tall in the middle of a chair with your shoulders back, chest and head up, and feet flat on the floor. Engage your core and place your arms at your sides with your hands hanging in front of the chair, fingers pointed down (A). Begin by reaching your left hand straight down toward your heels, keeping your chest and head facing forward, until you feel a gentle stretch in your right side (B). Return to sitting upright, allowing the movement to stem from your waist. Pause here to re-engage your core, then switch sides. Aim for slow and smooth back-and-forth movements.

CHAIR DIP

8 chair dips

Sit in a sturdy chair. Place your hands on the front edge of the seat, on either side of your hips. Roll your shoulders back to keep your chest elevated and head up. Push up through your shoulders to lift yourself up off the seat. Practise raising and lowering here. When you're comfortable, walk your feet out so your hips clear the chair (A). To dip down, slowly lower your hips as your elbows bend behind you. Lower only as far as you are comfortable pushing up from, stopping before your elbows are at 90 degrees (B). Then lift back up using your arms, shoulders and legs. ■

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Australia's southern city of Hobart is becoming a favourite hotspot for its culture, food, history and natural beauty. To discover the best of this city, we're starting today's adventure at The Royal Yacht Club of Tasmania in Sandy Bay. This club – which hosts the annual Sydney to Hobart Yacht Race - has more than 130 years of service to the community and is located along the beautiful banks of the Derwent River, which you will enjoy from various points along the walk.

When you're ready to get going, follow Marieville Esplanade towards Battery Point – one of Australia's most fascinating historic precincts. Settled in the early 19th century, you'll be amazed by the colonial and Georgian architecture lining the winding streets of this area.

Follow Napoleon St, turning left onto Trumpeter St, where you will find the Shipwrights Arms Hotel – or 'Shippies' as the locals call it. Established in 1846, Shippies has remained a traditional old-school pub with a sit-down restaurant out the back.

Make a right onto Colville St, and then head right again on Hampden Rd, where you will arrive at Princes Park. This is the perfect opportunity for you to sit down and enjoy a picnic, catch your breath or simply enjoy the weather (remember to regularly apply sunscreen throughout the

Hobart waterfront and Mt Wellington.

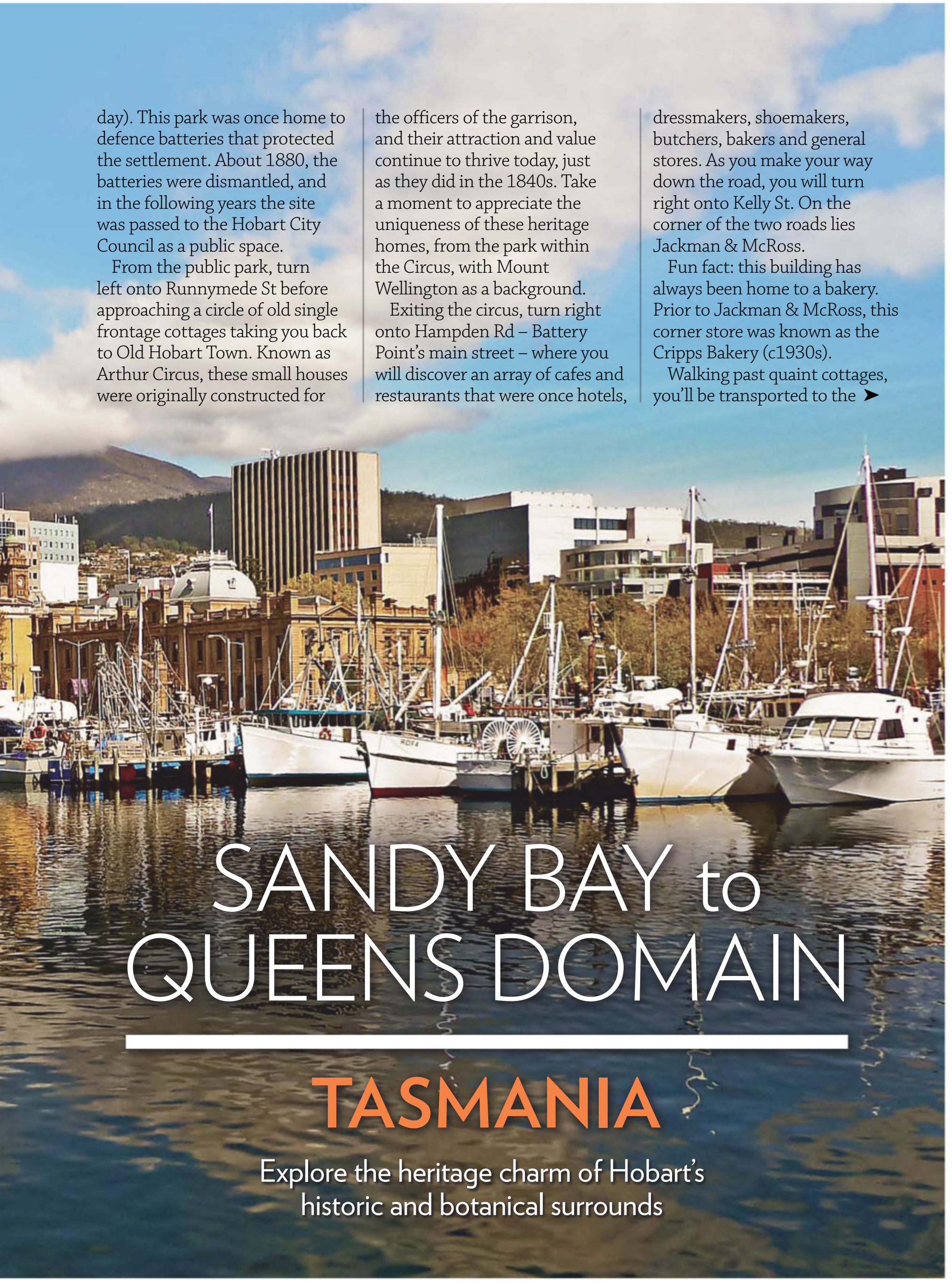
day). This park was once home to defence batteries that protected the settlement. About 1880, the batteries were dismantled, and in the following years the site was passed to the Hobart City Council as a public space.

From the public park, turn left onto Runnymede St before approaching a circle of old single frontage cottages taking you back to Old Hobart Town. Known as Arthur Circus, these small houses were originally constructed for the officers of the garrison, and their attraction and value continue to thrive today, just as they did in the 1840s. Take a moment to appreciate the uniqueness of these heritage homes, from the park within the Circus, with Mount Wellington as a background.

Exiting the circus, turn right onto Hampden Rd – Battery Point's main street – where you will discover an array of cafes and restaurants that were once hotels, dressmakers, shoemakers, butchers, bakers and general stores. As you make your way down the road, you will turn right onto Kelly St. On the corner of the two roads lies Jackman & McRoss.

Fun fact: this building has always been home to a bakery. Prior to Jackman & McRoss, this corner store was known as the Cripps Bakery (c1930s).

Walking past quaint cottages, you'll be transported to the ➤



SANDY BAY to QUEENS DOMAIN

TASMANIA

Explore the heritage charm of Hobart's historic and botanical surrounds

Heritage horse-drawn carriages on Salamanca Place.

19th century as you wander up Kelly St. Don't worry, we haven't steered you into a dead-end. At the end of this street you will find the landmark historic steps known as Kelly's Steps. Created from sandstone in 1840, this narrow flight of steps was crafted to join Kelly St and Salamanca Place for easy access to the waterfront.

Once you've reached the bottom, turn left onto Salamanca Place. Originally the stomping ground for the workmen, sailors and whalers (as well as plenty of nefarious types) of Hobart's historic waterfront, today this strip is a vibrant cultural and dining scene among heritage sandstone buildings.

Admiring the Australian colonial architecture dating back to the 1830s, this is a great place to find galleries to explore, theatre shows to watch, and pubs, restaurants, bars and cafes galore.

Opposite Salamanca Place lies the Tasman Memorial – a monument commemorating Dutch explorer Abel Tasman, who named the island 'Van Diemen's Land' (before it was renamed as Tasmania). Continuing past the memorial, along the waterfront you will discover Constitution Dock, where yachts that have completed the annual Sydney to Hobart Yacht Race moor. Take a stroll along the pier, grab a bite from one of the seafood stalls, then carry on down Argyle or Campbell streets, before turning right onto Liverpool St.

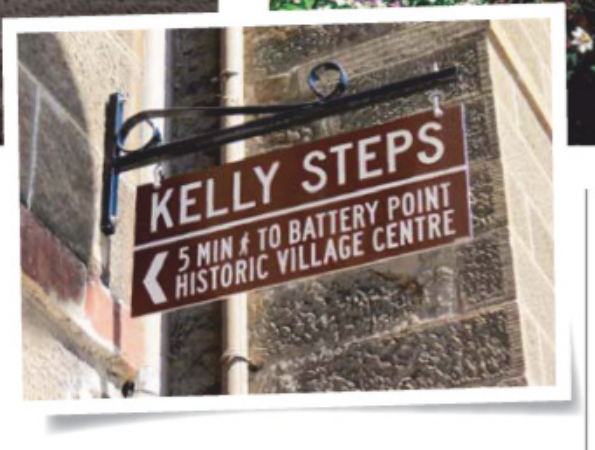
Veering away from the water, you will find a tunnel that will take you safely underneath the road and into the Railway Roundabout. Constructed in the early 1960s, it was named one of the world's best roundabouts by the Roundabout Appreciation Society in the UK in 2015 – and you can see why. Once you're inside the roundabout, you will be exposed to well-kept gardens and an interesting UFO-like, bowl-shaped fountain for you to relax in, in the middle of the hustle and bustle.

Next it's time to enter the Queens Domain. A habitat of native flora and fauna, the Domain is the perfect escape from the city. Begin by walking through the subway, on the other side of the roundabout, into the University Rose Gardens. Take the time here to literally stop and smell the roses on the grounds of Tasmania's first university campus. Carry through the roses,

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** TANYA CHALLICE PHOTOGRAPHY, TOURISM TASMANIA & KATHRYN LEAHY, TOURISM TASMANIA & GEOFF MURRAY,

Royal Tasmanian Botanical Gardens, Queens Domain.

Houses at Arthur Circus.



SALAMANCA *market*

Having grown from a small collection of traders in 1972 to one of the most vibrant and loved outdoor markets in Australia, with more than 300 stallholders, the Salamanca Market is a sight to see. Open every Saturday from 8.30am-3pm, this market offers a range of products from Tassie's best producers and artisans.

past the aquatic centre to the Soldiers Memorial Avenue to stroll through the Avenue of Honour – comprised of more than 500 trees planted in 1918-19 commemorating soldiers who died in World War 1.

Continue wandering through the Domain towards the Royal Tasmanian Botanical Gardens. Established in 1818, the 14-hectare gardens showcase 6500 species and variety of plants – including more than 400 native Tasmanian species. From crossing the shiny red wooden bridge within the Japanese Garden to immersing yourself in the icy environment of the Sub-Antarctic Plant House, there is plenty to admire.

Across from the main entrance of the gardens lies the original site of the Beaumaris Zoo (Old Hobart Zoo). A private collection (started in 1895) before it turned public, the zoo closed in 1937 – less than one year after the last captive Tasmanian tiger, which once called this zoo home, died. In September 2000, on World Threatened Species Day, a colourful gate featuring sad-faced sculptures (including the Tasmanian tiger) was installed. Commemorating the animals that were once here, today the gates and only a couple of ruins of enclosures remain.

By now you should have reached your 10,000 steps.

If you're excited to continue exploring this area, the Domain is also home to natural woodlands, the Hobart Cenotaph, Government House and an array of sports centres, bicycle and walking tracks for you to discover. Otherwise, head back into the city or back home to relax after a day of historic and natural beauty along Hobart's waterfront. ■

PHOTOGRAPHY (CONT.) GRAHAM FREEMAN/TOURISM AUSTRALIA
ADDITIONAL PHOTOGRAPHY GETTY IMAGES

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 A DAY TO DAY MUST-HAVE

Have you ever wondered what the one item you should always carry on you at all times (other than insulin, of course!) would be? 24 Daily pawpaw ointment (available at TerryWhite Chemmart, $3.99 for 25g) is a great travel-size soothing ointment for almost anything.

Whether your lips are dry, you have a scratch, minor wound or burn, eczema or psoriasis, a mozzie bite (hello summer!), diabetic foot ulcer… whatever the drama, pawpaw ointment will help to aid in the healing process and provide temporary relief. How? One hundred per cent natural, this ointment contains papaya (pawpaw), which is packed full of minerals (including calcium, potassium, iron and magnesium, as well as vitamins A and C) that promote healing across your body.

2 HIT THE WAVES

Do you want to learn a new skill, start exercising and also calm the mind, but don't know where to begin? Why not learn to surf? Trust us, you're never too old to get started! Surfing increases your shoulder and back strength, and decreases joint stiffness through the rotating motion of your arms and the pivoting of your joints when paddling through the water to catch a wave. Then, by standing upright and balancing yourself on an ever-moving object, your flexibility, and leg and core strength, are also increased. And, while doing all of this, you are surrounded by water, which has long been known to have a calming effect on your mind, improving your mood. If you've never surfed before, or have been out of the water for some time, find a surf school near you to get started. Or, if surfing doesn't interest you, head down to the beach to reap the benefits of a calmer mind by simply watching and hearing the waves roll in – you can thank us later!

3 DON'T FEAR CHRISTMAS

It's (almost) the most wonderful time of the year, and with about one quarter of Australians already suffering a significant amount of regular stress, the festive season only adds to it, whether it's the thought of family dramas or feeling pressure to create a 'perfect' celebration (BTW there's no such thing, so get off social media now!). No matter your deal, here are some ways to ward off festive stress:

- **Write a list** – and check it twice.
- **Decide what food** you want to serve on Christmas Day well in advance. (Hint: we've created the ideal menu on page 59.)
- **Think about what people** are asking, and decide if it's a priority, before commiting to plans.
- **You have every right** to use the word 'no' to achieve a stress-free Christmas.
- **Don't leave everything** until the last minute… hello panic attack!
- **Remember to have fun.** After all, Christmas is about spending time with those who mean the most to you. ➤

4 NATURAL DOSE OF VITAMIN D

Summer is right around the corner and so is the strong Aussie sun. We know how easy it is to go outside and enjoy the sunshine and warmer weather – after all, this is the simplest way to get vitamin D naturally. By exposing your skin for as little as 15 minutes, your body produces enough vitamin D for the day. This essential vitamin has multiple roles in your body, from maintaining the health of your teeth and bones, and supporting your immune and nervous systems, as well as the brain, to regulating your insulin levels and supporting cardiovascular health.

Although it is vital to get a daily source of vitamin D, especially after the cooler, darker months of the year, it is important you do this safely. Before heading outside, ensure you apply the lightweight, fragrance-free TerryWhite Chemmart Sunscreen SPF50+ ($12.99 for 1L). Once the sunscreen is on, follow the Cancer Council's advice and wear protective clothing, a hat and sunnies when exposed to the sun.

5 GET YOUR OM ON

Hear us out. Meditation isn't just about breathing deeply as you sit cross-legged with your eyes shut. Rather, it's much more than that. Dating back more than 2000 years, meditation has long been a technique people have used to quickly relax their body and calm their mind. However, it also helps you change your relationship with your thoughts. As you consciously become aware of the thoughts running through your mind, you are able to focus on them, understand the emotions surrounding them and learn to let go of the ones that cause you stress.

Not only does meditation increase your self-awareness, it has also been recognised as a natural technique to calm your anxiety and stress levels, improve your sleep (through releasing the tensions of the day) and decrease your blood pressure. To find a type of meditation that works for you, search "Meditation Near Me" on Google or download a meditation app (such as Calm or Insight Timer) to your smartphone to start exploring the options. ■

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES
ALL PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

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KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

PHOTOGRAPHY GETTY IMAGES

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Alix

Alix Davis, **Editor**

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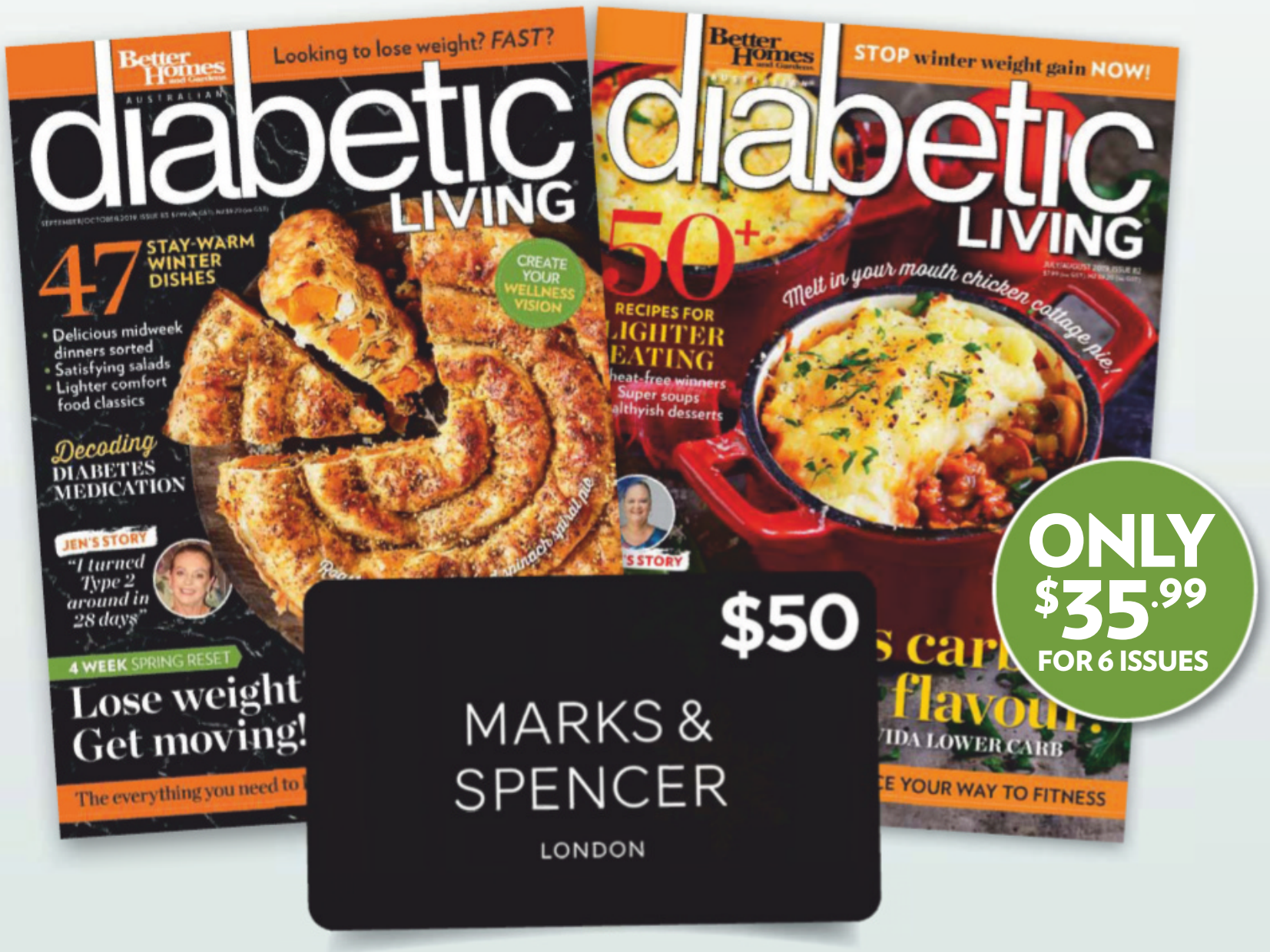

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THE *best gift* OF ALL

Our resident type 1 columnist, *Rob Palmer*, discusses the gift of a "pancreas" in time for the festive season

It can feel like Groundhog Day coming at you year after year, but I've found the lead-in to Christmas this year has far less to do with managing type 1 than it has done in the past.

It's a welcome change to be able to turn the regular schedule inside out without the threat of a hypo derailing Christmas prep. It's not just ticking off the decorating, shopping and extended work hours to get the to-do list down to a manageable level, but also the motivation to get the fitness levels up to a satisfactory standard. Not to mention the increased party activity.

A lot of this new-found freedom has arrived thanks to the adjustments I made by using the Medtronic 670G.

I've always found the hypos that disappoint the most are the ones that should have been avoided, or that arise out of an error in my own judgement. Like the time I turned a major peak-hour traffic artery into a car park. After a series of errors in management, which began at lunch time when I forgot whether I'd had an insulin injection prior to a counter meal at the pub, I failed to see the rapid descent in my BGLs later in the day until it crippled me on the way home.

I was as busy as I'd ever been and, for just a moment, my attention to diabetes left the building, beginning a chain reaction that saw me being attended to by ambulance officers five hours later.

It wouldn't happen too often, but getting thrown on your backside, only to fit until you managed to reach the fridge door between convulsions, or received assistance from a shocked passer-by, was something that had to stop.

The first period of pump use was like I'd found a pancreas. HOOOOOORAAAYYYY!!! Control was better, my confidence improved and, most importantly for me, the hypos disappeared. Dead set DIS-A-PPEARED. I reckon it was largely due to the pump having direct contact with a continuous glucose monitor. The machine would actually suspend insulin delivery if my sensor glucose level drifted anywhere near my low range. Then this year came the updated version, the 670G (I should mention I am a Medtronic ambassador). This thing began acting on its own.... more like a pancreas than my faulty pancreas for sure... if that makes sense. The loop of insulin administration is getting so close to a natural occurrence I'm very excited about the advancements to come.

> **The first pump was like I'd found a pancreas**

Now, leading into Christmas with a system that follows my behaviour like nothing I've known before, it's a brand new, unseen season, with one less massive consideration to accommodate. I can eat when I have time, sleep in when my kids let me, and push through without lunch on a busy day and not worry about a thing except the finish line ahead. When I get there, there is no more satisfying feeling than seeing my onboard management system give me a thumbs up on my glucose levels and a big "fire when ready" for the party ahead. ■

WORDS ROB PALMER **PHOTOGRAPHY** DAVID THOMSON (ROB'S PHOTO), GETTY IMAGES

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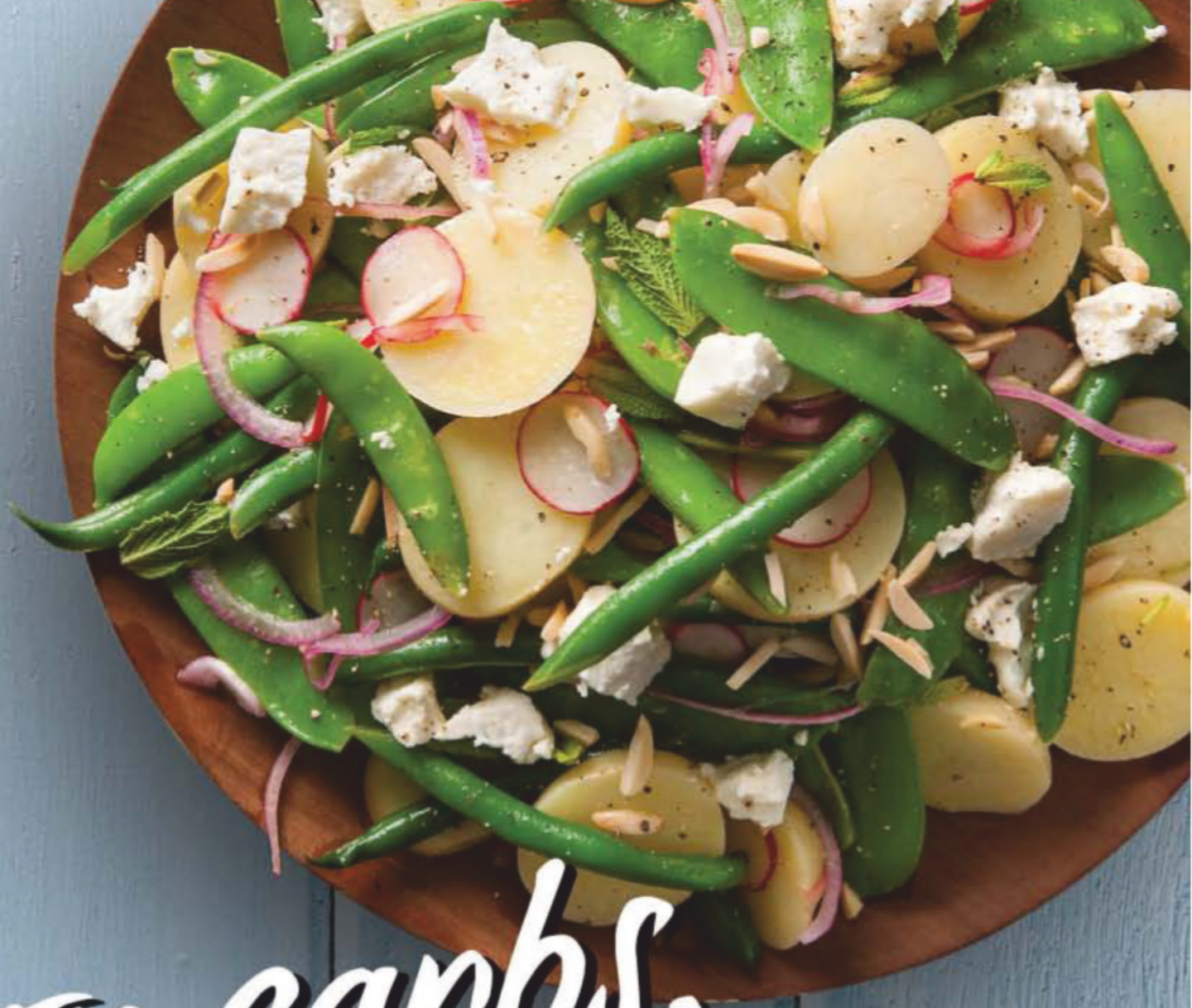

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